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Dorothy Rodman, R.N., Nursing Director at Sunrise Community Health Center in Greeley and current HP/DP chairperson, and George Paxton, M.D., Head of Pediatrics, Westside Neighborhood Health Center in Denver and HP/DP past chairperson, together envisioned this project. Their vision arose from a realization that many health education materials available in Spanish are not easily accessed for lack of a comprehensive listing.

The typesetting of this publication is credited to Samantha Steele of CCHN staff, and David Walker of Better Graphics. A special thank you to Dorothy Rodman and Nancy Wendirad of Sunrise Community Health Center for their translation of the Spanish-only entries into English for non-Hispanic users of this publication. Finally, thank you to the CCHN Board of Directors for their wisdom and encouragement throughout this project.

Health Promotion/Disease Prevention
Section Members
and
Colorado Community Health Network

FOREWORD

The Hispanic Health Education Bibliography is intended to be used by health care providers and educators as a quick reference to a variety of printed and audiovisual materials available in Spanish. All entries are listed in English and many also include the Spanish translation but are alphabetized according to their English translation.

All materials listed in the publication are included because of their availability in Spanish. CCHN does not imply endorsement of any or all materials and does not insure their quality. The responsibility for determining appropriateness is left to the individual user.

Prices and availability of materials may differ from information included for various entries due to the time which evolved from the inception of this project to its completion. The resource appendix at the back of the manual, however, has been updated to include current information on the location and phone numbers of all sources cited.

CCHN plans to offer continual updates to this publication and has bound the documents in a 3-ring binder to facilitate this process. Please send us any suggestions for revision or information on new materials which should be included in the updates. We know there are many more materials which would enhance this bibliography and your input will be of great value in making this a useful guide for the many educators and care givers who serve Hispanic populations.

March, 1989

AIDS

SIDA

AIDS

Booklet.

How you can prevent its spread. Why you need to be concerned but not afraid.

Available: Krames Communications

SIDA - PREGUNTAS Y RESPUESTAS

AIDS

Handout.

Questions and answers about AIDS.

Available: Sunrise Community Health Center

¡SIDA INFORMESE!

AIDS

Handout.

Aids Information.

Available: American Red Cross

ALCOHOLISM

UNA GUÍA PARA LA FAMILIA DEL ALCOHOLICO

A GUIDE FOR THE FAMILY OF THE ALCOHOLIC.

Provides information to help a family cope with the emotional impact of alcoholism.

Price: \$.35 each.

Available: National Council on Alcoholism
or Al-Anon Family Group Headquarters

MENSAJE DE ESPERANZA

A MESSAGE OF HOPE

Presents the Al-Anon program.

Price: \$.05 each.

Available: Al-Anon Family Group
Headquarters

AA-44 PREGUNTAS

AA-44 QUESTIONS

Presents specific questions about Alcoholics Anonymous (AA), and describes the history and structure of the organizations.

Price: \$.25 each.

Available: Alcoholics Anonymous World
Services

***LO QUE TODO EL MUNDO DEBE SABER SOBRE EL ALCOHOL (ACERCA DEL ALCOHOL)**

ABOUT ALCOHOL

11452 - 12369 - 2526C

Price: varies depending upon quantity ordered.

Available: Channing L. Bete Co., Inc.

ADOLESCENTES Y LOS PADRES ALCOHOLICOS

ADOLESCENTS AND THEIR ALCOHOLIC PARENTS

Discusses the importance of Al-Ateen and Al-Anon in the battle to control alcoholism in the family.

Price: \$.25 each

Available: Al-Anon Family Group
Headquarters

AL-ATEEN - ESPERANZA PARA LOS HIJOS DE ALCOHOLICOS

AL-ATEEN - HOPE FOR CHILDREN OF ALCOHOLICS

Details the objectives, organization, and history of Al-Ateen.

Price: \$4.00 each.

Available: Al-Anon Family Group
Headquarters

ALCOHOLICOS ANONIMOS

ALCOHOLICS ANONYMOUS

Offers explanations of experiences by AA members.

Price: \$2.50 each.

Available: Alcoholics Anonymous World
Services

ALCOHOLICOS ANONIMOS EN SU COMUNIDAD

ALCOHOLICS ANONYMOUS IN YOUR COMMUNITY

Presents, in question-and-answer format, the fellowship of AA in the community.

Price: \$.10 each.

Available: Alcoholics Anonymous World
Services

ALCOHOLISMO, CONTAGIO FAMILIAR

ALCOHOLISM, FAMILY ILLNESS

Discusses alcoholism as an illness that affects the entire family.

Price: \$.50 each

Available: Al-Anon Family Group
Headquarters

¿ALCOHOLICO EN LA FAMILIA? ALCOHOLIC IN THE FAMILY?

Includes the effects of alcoholism on family life, and offers ways of coping.

Price: \$.50 each.

Available: National Council on Alcoholism

**ALCOHOLISMO SU NOMBRE ES
NEGADO ALCOHOLISMO**

A MERRY-GO-ROUND NAMED

DENIAL

Gives do's and don'ts, including steps for recovery for persons involved in the life of an alcoholic.

Price: \$.40 each.

Available: National Council on Alcoholism

**UN ALCOHOLICO EN LA FAMILIA
ALCOHOLIC IN THE FAMILY**

11783 - 12351 - 2482C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**COMO EL ALCOHOL Y LAS
DROGAS AFECTAN LA HABILIDAD
DE CONDUCIR**

ALCOHOL/DRUGS/DRIVING

13391 - 19950 - 2841D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**SOBRE EL ALCOHOL Y OTRAS
DROGAS**

ALCOHOL & DRUGS

54056 - 54916 - 2350D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**EL ALCOHOL Y SU RELACIÓN
CON LA SEGURIDAD EN EL
TRANSITO**

*ALCOHOL AND ITS RELATIONSHIP
TO DRIVING*

This pamphlet provides readings, a questionnaire and exercises to help students to evaluate their attitudes and knowledge about drinking alcohol and its effects in relation to traffic.

Available: Proyecto De Alcohol Y Seguridad En El Transito

**EL ALCOHOL, LAS DROGAS Y LA
SEGURIDAD**

ALCOHOL, DRUGS & SAFETY

Leaflet.

High School and Up.

Discusses everyday activities such as job safety,

bicycle safety and other functions that may be affected by your attitude toward the use of chemicals.

128-S

Available: Do It Now Foundation

**EL ALCOHOL: COMO INFLUYE LA
SALUD, LA NUTRICIÓN Y LAS
VITAMINAS EN EL CUERPO**

*ALCOHOL: HOW IT CAN AFFECT
YOUR HEALTH, NUTRITION, AND
THE VITAMINS IN YOUR BODY*

Leaflet.

Gives facts and statistics on the consumption of alcohol, its effects on humans, and its dangers when combined with other drugs.

120-S

Available: Do It Now Foundation

**¿ESTA (USTED) PREOCUPADO
POR LA FORMA EN QUE ALGUIEN
TOMA?**

*ARE YOU CONCERNED ABOUT
SOMEONE'S DRINKING?*

Talks about the other victims of alcoholism.

Price: \$.25 each.

Available: National Council on Alcoholism

**SEÑALES PELIGROSAS PARA
MUJERES QUE TOMAN**

*DANGER SIGNALS FOR WOMEN
DRINKERS*

Lists early signs of alcoholism in women and suggests where to go for help.

Price: \$.20 each.

Available: National Council on Alcoholism

**SOBRE EL BEBER Y MANEJAR
DRINKING & DRIVING**

13698 - 13813 - 2535C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**DE MUJER A MUJER: HABLEMOS
SOBRE EL ALCOHOLISMO**

*FROM WOMAN TO WOMAN: A
CONVERSATION ON ALCOHOLISM*

Explains that alcoholism as an illness can affect everyone, and describes its warning signals and

where to find help.

Publication Number (ADM)82-324.

Available: National Clearinghouse for Alcohol
Information

¿ES AA PARA USTED?

IS AA FOR YOU?

Asks personal questions about drinking habits
and attitudes about alcohol.

Price: \$.10 each.

Available: Alcoholics Anonymous World
Services

EL ESPOSO DE JUANA BEBE DEMASIADO

JUANA'S HUSBAND DRINKS TOO MUCH

Illustrates a family's story and how Al-Anon
helps.

Price: \$30 each.

Available: Al-Anon Family Group
Headquarters

UNAMOS NUESTROS ESFUERZOS LET'S PULL TOGETHER

Directed at Hispanic families, gives the message
that a drinking problem by a family member is a
family problem. Explains alcoholism, its danger
signs, how to help the problem drinker, and
where to go for help.

DHEW Publication No. (ADM) 769-326

Sample copy free.

Available: National Council on Alcoholism

UNAMOS NUESTROS ESFUERZOS...EL ALCOHOLISMO ES UN PROBLEMA DE TODA LA FAMILIA

LET'S PULL

TOGETHER...ALCOHOLISM IS A FAMILY PROBLEM

Describes what alcoholism is, the danger signs,
how to help the problem drinker, and where to
go for help.

Publication Number (ADM) 83-326.

Available: National Clearinghouse for Alcohol
Information

CARTA A UNA MUJER ALCOHOLICA

LETTER TO AN ALCOHOLIC WOMAN

Offers personal experiences.

Price: \$.15 each.

Available: Alcoholics Anonymous World
Services

VIVENDO CON UN ALCOHOLICO CON LA AYUNDA DE AL-ANON LIVING WITH AN ALCOHOLIC WITH THE HELP OF AL-ANON

Explains strength through Al-Anon.

Price: \$5.00 each.

Available: Al-Anon Family Group
Headquarters

SOBRE EL ALCOHOLISMO LO QUE TODO EL MUNDO DEBE SABER

ON ALCOHOLISM

11072 - 14381 - 2363C

Price: varies depending on quantites ordered.

Available: Channing L. Bete Co., Inc.

UN DIA A LA VEZ EN AL-ANON ONE DAY AT A TIME WITH AL-ANON

Suggests the Al-Anon lifestyle of one day at a
time.

Price: \$4.50 each.

Available: Al-Anon Family Group
Headquarters

OPERACIÓN AL-ATEEN: PARA LOS ADOLESCENTES HIJOS DE ALCOHOLICOS

OPERATION AL-ATEEN: FOR THE CHILDREN OF ALCOHOLICS

Describes the Al-Ateen program.

Price: \$.10 each.

Available: Al-Anon Family Group
Headquarters

HABLEMOS EN CLARO PLAIN TALK

Presents questions and answers on alcoholism:
symptoms, physical effects, delirium treatments,
recommended treatment, medical insurance
coverage and sources of help.

DHEW Publication No. (ADM) 78-334

Available: National Clearinghouse for
Alcohol Information

**¿EMBARAZADA? ANTES DE
DARSE UN TRAGO, PIENSE...
PREGNANT? BEFORE TAKING A
DRINK, THINK...**

Leaflet.

Discusses the effects of alcohol on the unborn child.

Available: National Foundation of March
of Dimes

**SINTOMAS PROGRESIVOS
PROGRESSIVE SYMPTOMS**

Cartoon chart.

Lists steps to alcoholism, in cartoon style, 2-color.

Price: \$.20 each.

Available: National Council on Alcoholism

**ALGUNOS ASPECTOS MEDICOS
SOBRE EL ALCOHOL Y OTRAS
DRAGAS QUE SON ABDUSADAS
SOME MEDICAL ASPECTS OF
ALCOHOL AND OTHER DRUGS OF
ABUSE**

Explains alcohol's effects on human organs, and includes other drug interactions and problems.

Price: \$1.00 each.

Available: National Council on Alcoholism

**¿SÍ QUE AMAS A UN
ALCOHOLICO?**

SO YOU LOVE AN ALCOHOLIC?

Examines the disease, and suggests ways to cope.

Price: \$.10 each.

Available: Al-Anon Family Group
Headquarters

**ALGUNOS DATOS POCO
CONOCIDOS ACERCA DE
DROGAS Y ALCOHOL
SOME LITTLE-KNOWN FACTS
ABOUT DRUGS AND ALCOHOL**

Leaflet.

Gives brief facts about marijuana, caffeine, aerosols, laxatives, barbiturates, alcohol, etc.

Available: Do It Now Foundation

**HABLEMOS EN CLARO
SOME QUESTIONS AND ANSWERS
ON ALCOHOLISM**

High School/Adult Reading Level.

A question and answer format covers what alcoholism is, symptoms, affects, "DT's", treatment, treatment groups, costs of treatment and where help can be found. A list of addresses for organizations providing information on alcoholism is given.

DHHS Publ. No. (ADM) 81-334

Available: National Institute on Alcohol
Abuse and Alcoholism

**LO QUE CADA ADOLESCENTE
DEBE SABER SOBRE EL ALCOHOL
TEENS & ALCOHOL**

12161 - 14878 - 2528C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

**EL ALCOHOLICO ES UNA
PERSONA ENFERMA QUE PUEDE
SER AYUDADA**

**THE ALCOHOLIC IS A SICK PERSON
WHO CAN BE HELPED**

Gives the who, where, and why of the alcoholic, and how to help.

Price: \$.20 each.

Available: National Council on Alcoholism

**EL GATO QUE TOMABA MUCHO
THE CAT WHO DRANK TOO MUCH**

Tells the story of a cat's bout with alcoholism.

Price: \$3.50 each.

Available: National Council on Alcoholism

**EL SINDROME DEL BORRACHO
SECO**

THE DRY DRUNK SYNDROME

Explains to family members how the alcoholic can cope with strong feelings during abstinence.

Price: \$.70 each.

Available: National Council on Alcoholism

**LA IMPORTANCIA DE TOMAR
DECISIONES EN LA PREVENCIÓN
DEL USO ABUSO DEL ALCOHOL
EN LAS VIAS PÚBLICAS**

**THE IMPORTANCE OF MAKING
DECISIONS IN THE PREVENTION OF
USE AND ABUSE OF ALCOHOL IN
PUBLIC LIFE**

Junior High Reading Level

Booklet about alcohol and traffic safety rules to prevent accidents. It also covers the importance of decision making (Reality Therapy) in the prevention of accidents.

Available: Dept. of Education, Vocational,
Technical & High Skill
Education Programs

**EL DILEMA DEL MATRIMONIO
CON UN ALCOHOLICO**

**THE MARITAL DILEMMA WITH AN
ALCOHOLIC**

Talks about difficulties of a marital relationship with an alcoholic spouse.

Price: \$4.50 each.

Available: Al-Anon Family Group
Headquarters

LOS DOCE PASOS

THE TWELVE STEPS

Booklet.

Spells out the twelve steps in the Alcoholics Anonymous program. Alcoholics Anonymous has a wide array of publications and other materials in Spanish on alcoholism and its program. The materials are prepared for the alcoholic person, his family and others.

Available: Alcoholics Anonymous World
Services

**PIENSE PRIMERO EN SU HIJO
QUE ESTÉ POR NACER DICE EL
DR. REX MORGAN**

**THINK FIRST OF YOUR UNBORN
CHILD SAYS DR. REX MORGAN**

Pamphlet.

This Rex Morgan comic book makes the point that drinking while pregnant can cause harm to the unborn child.

Available: Food and Drug Administration

ESTO ES AA

THIS IS AA

Defines the organization, and offers brief explanations of alcoholism as a disease of old and young alike and how the illness affects society.

Price: \$.15 each.

Available: Alcoholics Anonymous World
Services

**A LOS PADRES DE LOS
ALCOHOLICOS**

TO THE PARENTS OF ALCOHOLICS

Offers practical suggestions to help parents cope with alcoholic children.

Price: \$.25 each.

Available: Al-Anon Family Group
Headquarters

VIVIR EN SOBRIEDAD

TO LIVE IN SOBRIETY

Describes problems, questions, and emotions encountered by the alcoholic trying to remain sober.

Price: \$1.15 each.

Available: Alcoholics Anonymous World
Services

**¡SALUD...SALUD! PARA (SU) TU
SALUD . . . TAL VEZ NO**

**TO YOUR HEALTH! WELL...MAYBE
NOT**

Discusses, for Hispanic men, social drinking and problem drinking. Sample copy free.

DHEW Publication No. (ADM) 78-325

Available: National Clearinghouse for
Alcohol Information

**¿CUÁLES SON LOS SINTOMAS
DEL ALCOHOLISMO?**

**WHAT ARE THE SIGNS OF
ALCOHOLISM?**

Lists 26 questions useful in detecting alcoholism, and indicates stages of the disease.

Price: \$.20 each.

Available: National Council on Alcoholism

**LO QUE CADO GUIEN DEBE
SABER ACERCA DEL ALCOHOL
WHAT EVERYONE SHOULD KNOW
ABOUT ALCOHOL**

Explains, in cartoon style, the effects and stages of alcoholism.

Price: \$.50 each.

Available: National Council on Alcoholism

**¿QUÉ ES "BORRACHO" MAMÁ?
WHAT IS "DRUNK" MAMA?**

Describes feelings of young children and how Al-Anon and Al-Ateen can help them cope.

Price: \$.75 each.

Available: Al-Anon Family Group
Headquarters

**LOS JOVENES Y AA
YOUTH AND AA**

Includes a questionnaire on drinking, written by children of alcoholics.

Price: \$.20 each.

Available: Alcoholics Anonymous World
Services

**TU DECISIÓN
YOUR DECISION**

Epecially designed for Hispanic youth, helps them decide whether or not to drink and if so in what quantity.

DHEW Publication No. (ADM) 80-335

Sample copy free.

Available: National Clearinghouse for Alcohol
Information

**NO ESTAS SOLO
YOU'RE NOT ALONE**

Reading level is from fourth to sixth grade.

Children of alcoholics face unique problems, among them the feeling of helplessness. Written and clearly illustrated for children, relates the sure signs of alcoholism and explains how each member of the family is affected. Offers both hope and practical advice on how children and their families can get help. Included are the names of resource groups and a bibliography. Reading level is from fourth to sixth grade.

Stock No. E-85-207.

Quantity prices per each copy:

1+ \$2.75

6+ \$2.00

11+ \$1.50

26+ \$1.25

100+ \$1.00

Available: National Committee for Prevention
of Child Abuse

**LO QUE ADULTOS JOVENES
DEBERÍAN SABER SOBRE EL
ALCOHOL Y EL CONDUCIR
YOUNG ADULTS ALCOHOL/DRIVING**

13425 - 43067 - 2841D

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.

AUDIOVISUAL AIDS

**EXCUSAS PARA EL USO DEL
ALCOHOL EN TODAS LAS
ESTACIONES DEL AÑO
A CRUTCH FOR ALL SEASONS**

16mm, sound, color, 22 minutes.

Reveals how people depend on false dependencies to help them face life. The film theme shows the beauty of life without crutches such as alcohol.

Available: Narcotics Education

**TIEMPO DE DECISIÓN
A TIME FOR DECISION**

16mm, sound, color, 29 minutes.

Provides a view of the familial and social problems of a middle-class alcoholic person. Deals with the emotional and economic consequences of alcoholism.

Available: Southerby Productions

**ALCOHOL, DROGAS Y USTED
ALCOHOL, DRUGS AND YOU**

35mm slides, sound, color, 12 minutes.

Demonstrates that alcohol can seriously alter the effects of many prescription and non-prescription medications.

Available: Texas Pharmaceutical Association

**ALCOHOL: EL ENTENDIMIENTO
DE SU USO**

***ALCOHOL: AN UNDERSTANDING OF
THE DRUG, ALCOHOL: OVERVIEW***

35mm filmstrip, slides, sound, color, 24 minutes. Illustrates factors that make people react to alcohol in different ways; examines pharmacological effects; sketches history and social cost of drinking; and traces biomedical, psychological and sociological causes of alcoholism.

Available: State University of New York

**EL ALCOHOL: UN NUEVO
ENFOQUE**

ALCOHOL: A NEW FOCUS

16mm, sound, color.

Narrated by TV actor James Brolin. Presents facts on which young people can base their decisions on whether or not to drink, and if so, in what quantity. Cites medical and psychological effects and the reasons why people drink.

Available: American Educational Films

**EL ALCOHOL
ALCOHOL**

16mm, sound, color, 5 minutes.

Shows how alcohol works on the body's chemistry. Presents various drinking practices in American culture.

Available: National Audio Visual Center

**99 BOTELLAS DE CERVEZA
NINETY-NINE BOTTLES OF BEER**

16mm, sound color, 23 minutes.

Relates experiences and feelings of young people as they relate to alcohol. Points out psychological basis for involvement with alcohol and drugs in a way that young people understand.

Available: Southerby Productions

**HASTA LUEGO
SO LONG PAL**

16mm, sound, color, 22 minutes.

Tells the story of a man who believes that alcoholism is a problem only other people have. Exposes the social pressures that can lead to alcoholism. Particular emphasis is placed on the dangers of driving while under the influence of alcohol.

Available: Southerby Productions

**EL MEXICOAMERICANO
ALCOHÓLICO**

***THE ALCOHOLIC MEXICAN
AMERICAN***

Video and audio cassette, sound, color.

Explores alcohol and alcoholism as they affect Mexican Americans.

Available: Pacific Coast Video

**EL CARRO NUEVO
THE NEW CAR**

16mm, sound color, 22 minutes.

Tells the story of a middle-aged Chicano from East Los Angeles who is arrested for driving while intoxicated. The film's message is the legal consequences the drunk driver must face.

Available: Southerby Productions

**EL AMOR SECRETO DE SANDRA
BLAIN**

***THE SECRET LOVE OF SANDRA
BLAIN***

16mm, sound, color, 28 minutes.

Shows the step-by-step progression into alcoholism of a suburban wife and mother.

Dramatizes the fact that half of the alcoholics in the U. S. are women.

Available: Southerby Productions

ALLERGIES

BUENOS AVISOS PARA EVITAR

ALERGIAS DE INFANTES

GOOD ADVICE TO AVOID INFANT

ALLERGIES

Junior High School Reading Level. 11/78

Advice and symptoms of various food allergies.

Available: Colorado Department of Health

¿ES SU CHICO ALERGICO A LA LECHE?

IS YOUR CHILD ALLERGIC TO MILK?

Junior High School Reading Level.

Explains symptoms of children who are allergic to milk and the causes of allergies. Advice on diet to combat allergies to milk.

Available: Sintex Laboratories, Inc.

March, 1989

ALZHEIMER'S DISEASE

**SOBRE LA ENFERMEDAD DE
ALZHEIMER**

ABOUT ALZHEIMER'S DISEASE

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.

ANESTHESIA

LO QUE USTED DEBE SABER

SOBRE LA ANESTESIA

ABOUT ANESTHESIA

11700 - 11932 - 2547C

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.

ARTHRITIS

ARTRITIS EN LOS NIÑOS **ARTHRITIS IN CHILDREN**

Leaflet.

Provides answers to common questions on juvenile rheumatoid arthritis such as symptoms, consequences of the disease, and care of the child.

Available: Arthritis Foundation

ARTRITIS: LOS DATOS BÁSICOS **ARTHRITIS: THE BASIC FACTS**

Leaflet.

Gives a comprehensive overview of the causes, types, treatments and misunderstandings of arthritis.

Available: Arthritis Foundation

EL CHARLATANISMO DE LA **ARTRITIS**

ARTHRITIS QUACKERY

Pamphlet.

Tells how to spot hoaxes used to bilk arthritis victims.

Available: Arthritis Foundation

LO BÁSICO ACERCA DE ARTRITIS **BASICS OF ARTHRITIS**

Explains common misconceptions about arthritis. Forms of arthritis, facts about the Arthritis Foundation and its chapters, and other pertinent information.

Available: Arthritis Foundation

DOLORES Y ESPERANZA (ARTRITIS) **DOLORES AND HOPE**

Available: Arthritis Foundation

HOME FOOT CARE FOR ARTHRITICS

Leaflet.

Teaches proper foot care at home for the patient with arthritis.

Available: California College of Podiatric Medicine Bookstore

PATIENT EDUCATION MATERIALS **IN SPANISH.**

Describes patient education materials that focus on causes, symptoms, and treatments of arthritis and lupus. Materials listed are not available from the Clearinghouse but are distributed by other organizations. Ordering information is provided.

Available: Arthritis Information Clearinghouse

OSTEOARTRITIS Y USTED **YOU AND OSTEOARTHRITIS**

Leaflet.

Describes the symptoms and treatments of osteoarthritis and the dangers of misinformation.

Available: Arthritis Foundation

AUDIOVISUAL AIDS

ARTRITIS REUMATOIDEA **RHEUMATOID ARTHRITIS**

21 minutes.

Describes how rheumatoid arthritis affects the body and explains the goals of treatment and the role of rest, heat, exercise and medications in treatment.

#2710.

Price: \$295.00

Available: Professional Research, Inc.

AUTISM

DATOS CONCRETOS AUTISMO

FACTS ABOUT AUTISM

Explains what autism is, what causes it, its symptoms, how it is diagnosed, and other important facts about the disease.

Publication Number (NIH) 81- 2282.

Available: National Institute of Neurological
and Communicative Disorders and Stroke

BACK PROBLEMS

**EL ABC DE MOVER Y LEVANTAR
COSAS CON SEGURIDAD**
MOVING & LIFTING THINGS SAFELY

13730 - 43083

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

USTED Y SU ESPALDA
YOU AND YOUR BACK

10744 - 13482 - 2385D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

BEREAVEMENT

DOLOR Y COMPRENSION

UNDERSTANDING GRIEF

Explains feelings and behaviors to be expected,
and grief processes after the loss of a child.

Price: \$5.25/50; \$10.50/100.

Available: **The Compassionate Friends**

March, 1989

BILHARZIA

BILHARZIA

Junior High Reading Level

This booklet gives answers to questions you may have about bilharzia.

Available: Puerto Rico Department of Education

CANCER

ALIVE!

Pap Test Poster.

Emphasizes the importance of the Pap test.

Code 2113.

Available: The American Cancer Society

LOS EXAMENES DE LOS SENOS BREAST EXAMINATION

14 pp. pamphlet, plus chart illustrating self-examination.

Available: The American Cancer Society

AUTOEXAMEN DE LOS SENOS BREAST SELF-EXAMINATION

Booklet.

Details the various positions and methods for women to examine themselves for signs of breast cancer.

DHEW Pub. No. (NIH) 78-1292.

Single copy free.

Available: National Cancer Institute

LOS EXAMENES DE LOS SENOS: ¿QUE DEBE USTED SABER SOBRE ELLOS?

*BREAST EXAMS: WHAT SHOULD
YOU KNOW ABOUT THEM?*

Provides answers about breast cancer screening methods, and includes instructions for self-examination.

Publication Number (NIH) 82-2138.

Available: National Cancer Institute

CANCER EL LOS HOMBRES CANCER FACTS FOR MEN

Pamphlet.

Concentrates on those cancers that occur most commonly in men and what can be done to prevent or diagnose them early.

Code 2624.

Available: The American Cancer Society

CANCER EN LAS MUJERES CANCER FACTS FOR WOMEN

Pamphlet.

Like Cancer Facts for Men, discusses most common cancers of women.

Code 2623.

Available: The American Cancer Society

CHARLATANERÍA DEL CANCER CANCER QUACKERY: LAETRILE

Booklet.

Gives information about what Laetrile is and why it is being promoted by several organizations. Easy to understand language.

Code 2625.

Available: The American Cancer Society

LAS DIFERENTES PARTES DEL CANCER EN EL CUERPO CANCER SITE SERIES

Booklets.

Provides readers with basic, concise information on various sites of cancer. Gives comprehensive information about detection, diagnosis, treatment and current research for both general public and patients. Titles available separately as well.

Available: The American Cancer Society

LEUCEMIA INFANTIL. FOLLETO PARA LOS PADRES CHILDHOOD LEUKEMIA

Available: U. S. Department of Health & Human Services

DESPEJANDO EL AIRE: GUÍA PARA DEJAR DE FUMAR CLEARING THE AIR: A GUIDE TO QUITTING SMOKING

Offers a variety of approaches to smoking cessation.

Publication Number (NIH) 81-2146.

Available: National Cancer Institute

EL CONTROL DEL DOLOR Y EL CANCER

CONTROL OF CANCER PAIN

Provides fact sheets describing medical and non-medical methods of dealing with cancer pain.

Available: National Cancer Institute

**CANCER COLORECTAL
DETECTELO AL PRINCIPIO**

**EARLY DETECTION OF
COLORECTAL CANCER**

Offers information about colorectal cancer.

Available: The American Cancer Society

**NO TODO CAUSA CANCER
EVERYTHING DOESN'T CAUSE
CANCER**

Answers some common questions about causes and prevention of cancer.

Publication Number (NIH) 81-2302.

Available: National Cancer Institute

**DATOS SOBRE TIPOS DEL
CANCER. LO QUE USTED DEBE
SABER SOBRE EL CANCER DEL
COLON Y DEL RECTO**
**FACTS ABOUT COLON AND RECTAL
CANCER**

Available: National Cancer Program

**DATOS SOBRE TIPOS DEL
CANCER. LO QUE USTED DEBE
SABER SOBRE EL CANCER DEL
PULMON.**

FACTS ABOUT LUNG CANCER

Available: National Cancer Program

**DATOS SOBRE TIPOS DE
CANCER. LO QUE USTED DEBE
SABER SOBRE EL CANCER DE LA
BOCA**

FACTS ABOUT MOUTH CANCER

Available: National Cancer Program

**DATOS SOBRE TIPOS DEL
CANCER. LO QUE USTED DEBE
SABER SOBRE EL CANCER DEL
UTERO.**

FACTS ABOUT UTERINE CANCER

Available: National Cancer Program

**BUENAS NOTICIAS, MEJORES
NOTICIAS, LAS MEJORES
NOTICIAS...PREVENCIÓN DEL
CANCER**

**GOOD NEWS, BETTER NEWS, BEST
NEWS...CANCER PREVENTION**

Provides information on cancer risks, and simple ways to reduce them.

Publication Number (NIH) 84-2674.

Available: National Cancer Institute

**¿DISPONE DE UNOS MINUTOS?
GOT A FEW MINUTES?**

Pamphlet.

Explains the basic steps of breast self-examination with illustrations. Stresses its two-fold purpose of early detection and increased awareness of the body.

Code 2640..

Available: The American Cancer Society

**¿HA PENSADO UD. ACERCA DEL
CANCER EN EL SENO...?**

**HAVE YOU THOUGHT ABOUT
BREAST CANCER?**

Contains information on symptoms of breast cancer, detection, diagnosis, and treatments.

Available: National Cancer Institute

**COMO EXAMINARSE LOS SENOS
HOW TO EXAMINE YOUR BREASTS**

Wallchart, 6"x24".

Discusses how women should check for cancer with breast self-examination.

Code 2116.

Available: The American Cancer Society

**YO SÉ QUE DEBO... CUIDAR DE MI
IT'S MY LIFE...MY CHOICES**

Pamphlet.

Encourages women to get a regular Pap test and older women to see a doctor at the first sign of abnormal bleeding because of the risk of endometrial cancer.

Code 2084.

Available: The American Cancer Society

**NO TODO CAUSA CANCER,
PERO...¿COMO PODEMOS
RECONOCER LAS SUSTANCIAS
QUIMICAS QUE LO PROVOCAN - Y
LAS QUE NO LO PROVOCAN?
NOT EVERYTHING CAUSES CANCER
- HOW WE CAN RECOGNIZE THE
SUBSTANCES THAT CAN CAUSE IT**
Available: U. S. Department of Health &
Human Services

**AHORA EN LA PRIVACIDAD . . .
NOW IN THE PRIVACY...**
Poster.
Encourages adults to take the colorectal cancer
test.
Code 2130.
Available: The American Cancer Society

**PROGRESO CONTRA EL CANCER
DEL SENO. LO QUE USTED
PUEDE HACER.
PROGRESS AGAINST BREAST
CANCER. WHAT YOU SHOULD
KNOW**
Available: National Cancer Institute

**DEJE LOS CIGARRILLOS - VIVE
MÁS TIEMPO
QUIT CIGARETTES - LIVE LONGER**
Gives health benefits, including money-saving
figures, for quitting smoking.
Available: American Cancer Society

**ESTUDIO (BÚSQUEDA) PARA EL
EXAMEN . . .
REACH FOR THE TEST...**
Poster.
Encourages the public to have regular cancer
tests.
Code 2141.
Available: The American Cancer Society

**RESGUARDOS CONTRA CÁNCER
SAFEGUARDS AGAINST CANCER**
Folder with mini-quiz. Discusses the ways an
individual can protect himself against cancer; stop-
ping smoking, avoiding too much sun, and
practicing monthly breast self-examination.

Code 2073.
Available: The American Cancer Society

**EL AUTOEXAMEN DEL SENO
SELF BREAST EXAMINATION**
Available: U. S. Department of Health &
Human Services

**EL PAP TEST...
THE PAP TEST**
Poster.

With a contemporary drawing of a close family
scene, transmits the message of the Pap Test as
a life-saving habit for mothers.
Code 2102.
Available: The American Cancer Society

**LO QUE USTED DEBE SABER
SOBRE EL CANCER
WHAT YOU SHOULD KNOW ABOUT
CANCER**
Answers questions on cancer causes, preven-
tion, and treatment for people of Hispanic
origin.
Publication Number (NIH) 83-1828.
Available: National Cancer Institute

**LO QUE USTED DEBE SABER
SOBRE EL CANCER
WHAT YOU SHOULD KNOW ABOUT
CANCER**
Booklet.
Bilingual discussion of cancer, its causes, and
methods to guard against it.
DHEW Pub. No. (NIH) 79-1828.
Available: The American Cancer Society

**LO QUE USTED DEBE SABER
SOBRE EL CANCER
WHAT YOU NEED TO KNOW ABOUT
CANCER**
Available: U. S. Department of Health &
Human Services

**LOS EXAMENES DE LOS SENOS.
¿QUE DEBE USTED SABER
SOBRE ELLOS?
WHAT YOU NEED TO KNOW ABOUT
BREAST EXAMS**
Available: U. S. Department of Health &
Human Services

LO QUE DEBEMOS SABER SOBRE EL CANCER

WHAT WE KNOW ABOUT CANCER

Adult Reading Level

This leaflet discusses causes of cancer and gives information about diagnosis, treatment and cure.

Available: Estado Libre Asociado De Puerto Rico

The following fact booklets describe signs and symptoms, diagnostic procedures, risk factors, current treatments, prognosis and future research, and include a list of seven cancer warning signs.

Available: American Cancer Society

VERDADES EN EL CANCER DEL SENO

FACTS ON BREAST CANCER

(Code 2701)

VERDADES EN EL TRATAMIENTO DEL CANCER

FACTS ON CANCER TREATMENT

(Code 2709)

VERDADES DEL CANCER EN LA INFANCIA-NIÑEZ

FACTS ON CHILDHOOD CANCER

(Code 2702)

VERDADES DEL CANCER EN LA RECTO Y COLON

FACTS ON COLON-RECTUM CANCER

(Code 2703)

VERDADES EN LEUCEMIA

FACTS ON LEUKEMIA

(Code 2704)

VERDADES EN EL CANCER DE LOS PULMONES

FACTS ON LUNG CANCER

(Code 2705)

VERDADES DEL CANCER ORAL

FACTS ON ORAL CANCER

(Code 2706)

VERDADES DEL CANCER EN LA PROSTATA

FACTS ON PROSTATE CANCER

(Code 2707)

VERDADES DEL CANCER EN EL ÚTERO

FACTS ON UTERINE CANCER

(Code 2708)

VERDADES SOBRE EL CANCER COLORECTAL

FACTS ABOUT COLORECTAL CANCER

**¿DISPONE DE UNOS MINUTOS?
GOT A MINUTE?**

CHARLATANERÍA SOBRE EL CANCER

LAETRILLE

PRECAUCIONES CONTRA EL CANCER

PRECAUTIONS AGAINST CANCER

**CUANDO FUMA LA MUJER
WHEN A WOMAN SMOKES**

**LO QUE MUCHAS PERSONAS NO SABEN SOBRE EL CANCER
WHAT MANY PEOPLE DON'T KNOW ABOUT CANCER**

**¿PREOCUPADO POR EL CANCER? CONOZCA LAS SIETE FORMAS DE PROTEGERSE
60 WAYS TO PROTECT YOURSELF AGAINST CANCER**

AUDIOVISUALS

LA PUBERTAD Y LA REPRODUCCIÓN ABOUT PUBERTY AND REPRODUCTION

16mm, color, 10 minutes.

Explains physiological changes that take place in male and female reproductive cycle.

Available: National Film Board of Canada

AUTOEXAMEN DEL SENO BREAST SELF-EXAMINATION: A PLAN FOR SURVIVAL

16 mm, sound, color, 10 min.

Designed for use in clinics. Demonstrates the technique of breast self-examination and explains the differences in body types and the need for breast self-examination.

Available: Maternity-Infant Care Family Planning Program

DETECCIÓN DEL CANCER, AUTOEXAMEN DEL SENO Y EXAMEN DEL CANCER EL LA MATRIZ

CANCER DETECTION: SELF-EXAMINATION OF THE BREAST AND PAP SMEAR

Sound, color. Available in 5 mm filmstrip, slides, video tape and other formats.

Discusses the necessity of self-examination, where and how to look, and what to do if a lump is found. Also discusses cancer of the cervix and the Pap smear.

Available: Medcom/Trainex, Inc.

ENCUENTRE EL CANCER EN SU COMÍENZO

FIND EARLY CANCER

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Aimed at alerting people to the importance of regular examination to detect early cancer.

Presents the seven warning signals of cancer with an explanation of why each is important, then outlines the importance of regular physical examinations with appropriate laboratory tests for the detection of early asymptomatic cancer.

Available: Medfact, Inc.

DE UNA CÉLULA FROM ONE CELL

16mm, 14 min.

Directed to secondary school biology, explains the cell's structure and functioning, particularly abnormal cell growth, or cancer.

Code 2330.

Available: The American Cancer Society

COMO EXAMINARSE LOS SENOS HOW TO EXAMINE YOUR BREASTS

Sound, color, 7 1/2 min. Available in 16mm, 8mm, Super 8mm.

Demonstrates methods and procedures for breast self-examination.

Code 2349.

Available: The American Cancer Society

LUISA TENIA RAZÓN LUISA WAS RIGHT

16mm, 8mm, Super 8mm, sound, color, 11 1/2 min.

Shows how cancer of the uterus can be detected when it is most curable by the Pap test.

Code 2371.

Available: The American Cancer Society

¡MATRIZ HOMBRE! MAN ALIVE!

16mm, sound, color, 12 min.

Discusses how foolish it is to react to cancer with unreasoning fear.

Code 2339.

Available: The American Cancer Society

AUTOEXAMEN DE LOS SENOS SELF-EXAMINATION OF THE BREASTS

16mm, Super 8mm, video tape, sound, color, 7 1/2 minutes.

Step-by-step instructions for visual and manual inspection; normal variations, warning signs.

Available: Professional Research, Inc.

AFECTO DEL SOLEN LA PIEL SENSE IN THE SUN

16mm, 14 min.

Discusses skin cancer and its treatment, using the story of an elderly fisherman who worked many years in the sun.

Code 2331.19

Available: The American Cancer Society

**EXAMEN DE CANCER EN LA
MATRIZ Y AUTOEXAMEN DEL
SENO**

***THE PAP TEST AND SELF-BREAST
EXAMINATION***

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Discusses the nature of the Pap Test including what is done during a pelvic examination. This is followed by an illustrated description of the proper method of examining the breasts.

Available: Medfact, Inc.

**LA MUJER MERECE LO MEJOR
WOMEN DESERVE THE BEST**

Super 8mm, 16mm, sound color, 14 minutes.

Discusses the Pap test and the needless fear some women experience when the test is recommended to them.

Code 2338.

Available: The American Cancer Society

CARDIOVASCULAR DISEASES

GUÍA PARA REDUCIR DE PESO
A GUIDE FOR WEIGHT REDUCTION
Offers a guide to fat-controlled diets designed to lower cholesterol levels.
Publication Number 50-034-B.
Available: American Heart Association

DESPUÉS DE UN ATAQUE AL CORAZÓN
AFTER A HEART ATTACK
Deals with questions and concerns following a heart attack.
Publication Number 50-001-C.
Available: American Heart Association

LA PRESIÓN DE LA SANGRE
BLOOD PRESSURE
Leaflet.
Explains high blood pressure and its symptoms; discusses what the individual can do about it.
Available: American Heart Association

USTED Y SU PRESIÓN SANGUÍNEA
BLOOD PRESSURE
11635 - 14365 2392D.
Price: varies depending on quantities ordered.
Available: Channing L. Bete Company, Inc.

DIETA Y SU CORAZÓN
DIET & YOUR HEART
112585 - 14498 2715C.
Price: varies depending on quantities ordered.
Available: Channing L. Bete Company, Inc.

COMA BIEN, PERO CON SABIDURÍA
EAT WELL BUT EAT WISELY
Leaflet.
Gives recommendations for fat controlled, low cholesterol meals.
Publication Number 51-005-B.
Available: American Heart Association

SU CONDICIÓN FÍSICA Y SU CORAZÓN
FITNESS & YOUR HEART
11619 - 14506 2612C.
Price: varies depending on quantities ordered.
Available: Channing L. Bete Company, Inc.

ENDURECIMIENTO DE LAS ARTERIAS - CAUSA DE ATAQUES CARDIACOS
HARDENING OF THE ARTERIES - CAUSE OF HEART ATTACKS
Fact Sheet.
Explains hardening of the arteries and problems it causes; discusses what factors cause the disease such as heredity and diet.
DHEW Publ. No. (NIH) 87-735.
Available: National Heart, Lung, and Blood Institute

ENFERMEDADES DEL CORAZÓN
HEART DISEASE
Booklet.
Discusses the importance of history, physical exams, special tests in diagnosing risk factors for heart attack and the steps to take if someone has a heart attack.
DHEW Publ. No. (NIH) 78-1009.
Available: National Heart, Lung, and Blood Institute

PRESIÓN ALTA DE LA SANGRE
HIGH BLOOD PRESSURE
Explains "primary" high blood pressure, the most common kind, its causes, and what can be done for it.
Publication Number 50-042-C.
Available: American Heart Association

LA PRESIÓN ALTA (EDITADO PARA LA SERIE VIDA)
HIGH BLOOD PRESSURE (DESIGN FOR LIFE SERIES)
Pamphlet.
Explains how this disease affects its victims and how it can be kept under control.
Available: Blue Cross/Blue Shield of Connecticut

**ALTA PRESIÓN DE LA SANGRE:
LO QUE USTED Y SU FAMILIA
DEBAN SABER**

*HIGH BLOOD PRESSURE: THINGS
YOU AND YOUR FAMILY SHOULD
KNOW*

Describes high blood pressure, its treatment, the need to follow doctor's advice, and the role of the patient's family.

Publication Number (NIH)81-2025.

Available: High Blood Pressure Information Center

**VERDAD Y FICCIÓN SOBRE LA
PRESIÓN ARTERIAL ALTA**

*HIGH BLOOD PRESSURE: FACTS
AND FICTION*

Leaflet.

Presents facts as it dispels rumors concerning high blood pressure, its symptoms, and its treatment.

DHEW Publ. No. (NIH) 79-1477.

Available: U. S. Government Printing Office

**VERDAD Y FICCIÓN SOBRE LA
PRESIÓN ARTERIAL ALTA**

*HIGH BLOOD PRESSURE FACTS
AND FICTION*

Corrects four major misconceptions about high blood pressure.

Publication Number (NIH)84-1218.

Available: High Blood Pressure Information Center

**CUIDADO DE LOS PIES EN CASA
PARA ENFERMEDAD PERFERAL
VASCULAR**

*HOME FOOT CARE FOR
PERIPHERAL VASCULAR DISEASE*

Leaflet.

Teaches proper home care of the foot for the person with peripheral vascular disease.

Available: California College of Podiatric Medicine Bookstore

**COMO DIAGNOSTICAN LOS
MEDICOS LAS ENFERMEDADES
DEL CORAZÓN**

*HOW DOCTORS DIAGNOSE HEART
DISEASE*

Presents information on diagnosis and treatment of coronary artery disease, including catheterization, electrocardiograms, exercise, testing, and cineangiography.

Publication Number (NIH)78-1009.

Available: National Heart, Lung, and Blood Institute

**SOPLOS "INOCENTES" EN EL
CORAZÓN DE LOS NIÑOS**
*INNOCENT HEART MURMURS IN
CHILDREN*

Leaflet.

Discusses heart sounds in children and the doctor's examination.

Available: American Heart Association

**PROTEJA EL CORAZÓN DE SUS
HIJOS**

*PROTECT YOUR CHILDREN'S
HEARTS*

Pamphlet.

Explains to mothers why it is important to take the child who suffers from frequent sore throats to the clinic.

Available: American Heart Association

**¡ASÍ QUE TENGO LAS
CARACTERISTICAS DE LAS
CÉLULAS FALCIFORMES!**
*SO YOU HAVE THE SICKLE CELL
TRAIT!*

Explains in simple language the sickle cell trait and its heredity factor.

Publication Number (NIH)78-749.

Available: National Heart, Lung, and Blood Institute

**DIEZ MANDAMIENTOS PARA EL
PACIENTE CON ALTA PRESIÓN
ARTERIAL**

**TEN COMMANDMENTS FOR HIGH
BLOOD PRESSURE PATIENTS**

Wallet card.

Lists ten basic points persons with HBP need to know to control hypertension. Back of card provides space to record daily blood pressure measurements.

Available: American Heart Association

**COMA BIEN PERO CON
PRUDENCIA, PARA REDUCIR EL
RIESGO DE UN ATAQUE
CARDIACO**

**WHAT YOU CAN DO TO REDUCE THE
RISK OF HEART ATTACK**

Adult Reading Level.

Provides information about cholesterol diet to prevent heart attacks.

Available: American Heart Association

**LO QUE USTED NECESITA SABER
SOBRE LA ANGINA DE PECHO
WHAT YOU NEED TO KNOW ABOUT
ANGINA**

Available: Parke-Davis

**¿POR QUE ARRIESGAR UN
ATAQUE AL CORAZÓN?
WHY RISK HEART ATTACK?**

Lists seven ways to guard against heart attack. Publication Number 51-021-D.

Available: American Heart Association

**USTED Y SU CORAZÓN
YOU & YOUR HEART**

11239 - 14480 2681C.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc. or
American Heart Association

AUDIOVISUAL AIDS

BARNEY BUTT

16mm, sound color, 12 min.

Animated cartoon with music tells of ill-fated

young man addicted to smoking. Relays a strong anti-smoking message.

Available: American Heart Association

**MEJORES VENTAJAS PARA UNA
VIDA MÁS LARGA**

BETTER ODDS FOR A LONGER LIFE

16mm, sound, color, 20 min.

Animated cartoon film traces the history of cardiovascular disease and highlights ways of reducing risk of heart attack.

Available: American Heart Association

**CAUSAS DE LA ENFERMEDAD
CAUSES OF CORONARY DISEASE**

Sound, Color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents coronary risk factors and briefly describes each, emphasizing those which can be modified by treatment.

Available: Medfact, Inc.

**ENFERMEDAD DEL CORAZÓN
CORONARY HEART DISEASE**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Provides an overview of coronary heart disease. Explains causes, pathology, and the reasons for symptoms. Includes a discussion myocardial infarction.

Available: Medfact, Inc.

**SU DIETA Y SU CORAZÓN
DIET AND YOUR HEART**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents fundamental information about blood, cholesterol, and triglyceride with emphasis on how they can be affected by diet. Explains the importance of fat restriction, carbohydrate restriction, and weight control.

Available: Medfact, Inc.

**ALTA PRESIÓN DE SANGRE
HIGH BLOOD PRESSURE**

16mm, Super 8mm, video tape, sound, color, 18 minutes.

Discusses essential hypertension and its consequences; presents the goals and benefits of treatment; details how to control the disease with diet and other measures.

Available: Professional Research, Inc.

**CUIDADO RECUPERATIVO DEL
PACIENTE CARDIACO**
POST CORONARY CARE

16 minutes.

Reviews causes of heart attacks, explains how the heart heals, and discusses the reconditioning periods.

#2702

Price: \$295.00

Available: Professional Research, Inc.

ATAQUE
STROKE

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Gives a detailed description of the pathology and physiology of stroke; intended for the instruction of family members of the stroke patient. Emphasizes the reasons for prolonged and intensive physical therapy.

Available: Medfact, Inc.

**SINTOMAS DE LA ENFERMEDAD
DEL CORAZÓN**
*SYMPTOMS OF CORONARY HEART
DISEASE*

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Briefly discusses coronary heart disease with emphasis only on the relationship of symptoms to underlying disease. Explains the nature of angina and its relief by rest and relaxation.

Available: Medfact, Inc.

LO QUE VA HACIA ARRITA
WHAT GOES UP

16mm, sound, color, 12 min.

Answers important questions about high blood pressure and shows that with proper doctor's advice it can be kept under control.

Available: American Heart Association

CEREBRAL PALSY

**LOS NIÑOS NO TIENEN QUE
TENER SARAMPIÓN**
*CHILDREN DON'T HAVE TO HAVE
MEASLES*

Describes measles and the importance of vaccination against the disease.

Available: United Cerebral Palsy Association

**LO QUE DEBEN Y NO DEBEN
HACER LAS FUTURAS MADRES**
*DO'S AND DON'TS FOR
PROSPECTIVE MOTHERS*

Gives facts women should know before and during pregnancy.

Available: United Cerebral Palsy Association

**COMO CUIDAR NIÑOS CON
PARALISIS CEREBRAL**
*HANDLING THE YOUNG CEREBRAL
PALSIED CHILD AT HOME*

Paperback book by Nancy Finnie.

Offers information as a guide for parents, nurses, therapists. Also available in various languages.

Available: United Cerebral Palsy Association

**"LOS COMOS" DE VESTIR Y
ALIMENTAR**
*"THE HOW TO'S" OF DRESSING AND
FEEDING*

Handbook.

Discusses the handling in the home of the small child with cerebral palsy.

Available: United Cerebral Palsy Association

**LO QUE TODOS DEBEN SABER
SOBRE LA PARALISIS CEREBRAL**
*WHAT EVERYONE SHOULD KNOW
ABOUT CEREBRAL PALSY*

Illustrates in cartoon form the cerebral palsy story, using simple terms.

Price: \$.15 each, / 1-99 copies; \$.12 each, / 100 + .

Available: United Cerebral Palsy Association

CHILD ABUSE

SOBRE EL ALCOHOL, EL ABUSO DE LOS NIÑOS Y EL DESCUIDO DE LOS NIÑOS

ALCOHOL, CHILD ABUSE & NEGLECT

14001 - 480074 2343C.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

LO QUE TODO EL MUNDO DEBE SABER SOBRE EL MALTRATO DE LOS NIÑOS

CHILD ABUSE

16451 - 16659 2409D.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

LA DISCIPLINA: UNA GUÍA PARA LOS PADRES

CHILD DISCIPLINE: GUIDELINES FOR PARENTS

Looks at discipline as a positive experience for children, and clarifies the differences among discipline, punishment, and abuse.

Publication Number ISBN 0-937906-23-9.

Quantity prices per each copy:

1 + \$2.50

6 + \$2.25

11 + \$1.75

26 + \$1.50

100 + \$1.00

Available: National Committee for Prevention
of Child Abuse

LO QUE TODO EL MUNDO DEBE SABER SOBRE EL DESCUIDO DE LOS NIÑOS

CHILD NEGLECT

16774 - 19828 2781C.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

LO QUE LOS NIÑOS DEBEN SABER SOBRE EL ABUSO SEXUAL *CHILD/SEX ABUSE*

546217 - 58016.

Price: varies depending on quantities ordered.

Available: Channing L. Bete Co., Inc.

SOBRE EL INCESTO *INCEST*

16865 - 13920 2861C.

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.

NUEVO ENFOQUE SOBRE UN VIEJO PROBLEMA. 9 PREGUNTAS Y RESPUESTAS SOBRE EL ABUSO Y DESCUIDO DE MENORES.

NEW INFORMATION ON AN OLD PROBLEM. NINE QUESTIONS AND ANSWERS ABOUT CHILD ABUSE

Available: U. S. Dept. of Health & Human
Services

NUEVO ENFOQUE SOBRE UN VIEJO PROBLEMA

NEW LIGHT ON AN OLD PROBLEM

Booklet.

Contains questions and answers about child
abuse and neglect.

DHEW Pub. No. (OHD) 31120.

Available: U. S. Government Printing Office

LO QUE TODO EL MUNDO DEBE SABER SOBRE EL ULTRAJE SEXUAL DE LOS NIÑOS

SEXUAL ABUSE OF CHILDREN

16667 - 16832 2357C.

Price: varies depending on quantities ordered

Available: Channing L. Bete Co., Inc.

HABLEMOS ACERCA DEL ABUSO SEXUAL DE MENORES

TALKING ABOUT CHILD SEXUAL ABUSE

Pamphlet.

Talking with children about child sexual abuse may help to prevent occurrences and contribute toward the recovery of the victim. Lists signs and behavior that may indicate abuse and outlines the approach parents can take in discussing abuse with the child. It provides instructions for screening babysitters and child care centers and for reporting suspected abuse to the proper authorities. The pamphlet also offers guidance to the adult who has been sexually abused as a child and has hesitated to discuss the abuse.

Stock No. IE-85-206.

Quantity prices per each copy:

- 1 + \$2.00
- 6 + \$1.75
- 11 + \$1.50
- 26 + \$1.25
- 100 + \$1.00

Available: National Committee for Prevention of Child Abuse

¿QUÉ SABES ACERCA DE ABUSO DE MENORES?

THINK YOU KNOW SOMETHING ABOUT CHILD ABUSE?

This brochure answers more than 20 basic and important questions that many people ask about child abuse.

Stock No. IE-78-200.

Quantity prices per each copy:

- 1 + \$.30
- 26 + \$.25
- 100 + \$.20

Available: National Committee for Prevention of Child Abuse

LO QUÉ DEBEN SABER TODOS LOS PADRES

WHAT EVERY PARENT SHOULD KNOW

Provides practical suggestions on how to cope with children, and explains discipline concepts and techniques.

Publication Number ISBN 0-937906-21-2.

Quantity prices per each copy:

- 1 + \$2.50
- 6 + \$2.25
- 11 + \$1.75
- 26 + \$1.50
- 100 + \$1.00

Available: National Committee for Prevention of Child Abuse

CHILD HEALTH

HIPERACTIVIDAD INFANTIL

CHILDHOOD HYPERACTIVITY

Discusses the symptom, complexities, characteristics, behavior patterns, and ways to understand the problems of hyperactivity in children.

Available: National Institutes of Health

AMIGDALAS Y ADENOIDES

TONSILS AND ADENOIDS

9 minutes.

Informs parents about the anatomy and function of children's tonsils and adenoids, reasons for surgery, and telling children about surgery.

#3004

Price: \$295.00

Available: Professional Research, Inc.

AUDIOVISUAL AIDS

CUIDADO DE SU NIÑO ENFERMO

CARE OF THE SICK CHILD

12 minutes.

Eases parents' fears about caring for the sick child by demonstrating correct methods for temperature taking and administering medicine.

#8015

Price: \$295.00

Available: Professional Research, Inc.

SELECCIONANDO CUIDADO INFANTIL

CHILD CARE CHOICES

14 minutes.

Shows parents how they can find the child care that is right for them. Discusses the child care options available today, and the factors which should be taken into consideration when choosing a child care facility.

#1160

Price: \$305.00

Available: Professional Research, Inc.

PROBLEMAS DEL SISTEMA DIGESTIVO

TROUBLES IN THE DIGESTIVE TRACT

10 minutes.

Covers the disturbances that may arise within the child's digestive tract and how they can be treated.

#8018

Price: \$295.00

Available: Professional Research, Inc.

CONSUMER INFORMATION

LISTA DE PUBLICACIONES FEDERALES EN ESPAÑOL PARA EL CONSUMIDOR

GOVERNMENT PUBLICATIONS IN SPANISH FOR THE CONSUMER

Describes 90 Government publications that are written in Spanish, and tells how to get free copies directly from the agencies that publish them; publication titles and ordering instructions listed in both English and Spanish.

Available: Consumer Information Center

DENTAL HEALTH

UNA SONRISA SANA PARA SU HIJO - DEBER DE USTED

A HAPPY SMILE

6th Grade Reading Level.

Emphasizes dental hygiene in children. Discusses oral hygiene in babies before teeth appear. Talks about importance of a clean baby bottle. Describes plaque and advises reducing intake of sugar.

Available: Yadkin County Health Department

ARRESTE A GERMENES BACTERIALES PLACA

ARREST BACTERIAL PLAQUE

This is a follow-up instruction folder to be sent home after child has participated in a dental health program at school. Illustrations and directions tell how to brush and floss your teeth.

Available: Santa Clara County Health Department

PROMESA BRILLANTE PARA NIÑOS CON LABIOS Y PALADOR CON RAJADURAS

BRIGHT PROMISE...FOR YOUR CHILD WITH CLEFT LIP AND CLEFT PALATE

Pamphlet.

By Eugene T. McDonald, Ed. D., and Asa J. Berlin, Ph.D.

Answers common questions and gives reassurance that, with the quality of treatment now generally available, the outlook for children with clefts is bright.

Available: National Easter Seal Society

¡CEPILLE SUS DIENTES Y ENCIAS AL MENOS UNA VEZ POR DIA!

BRUSH YOUR TEETH AND RINSE YOUR MOUTH ONCE A DAY

Discusses the care of teeth and gums to prevent cavities.

Available: American Society for Dentistry for Children

COMO LIMPIAR SE LOS DIENTES Y LAS ENCIAS

CLEANING YOUR TEETH AND GUMS

Adult Reading Level.

This attractive booklet includes pictures and written directions on how to properly brush, floss and care for teeth and gums. Explains with illustrated photos why plaque is hazardous to teeth, how to use floss, and how to brush correctly. Answers questions about toothpastes, electric toothbrushes, mouthrinses, etc.

Publication Number W136.

Price: \$4.65/25 copies; \$17.65/100; \$83.50/500; \$157.75/1,000.

Available: American Dental Association

UNA BUENA DENTADURA PARA USTED Y SU BEBÉ

DENTAL HEALTH FOR YOU AND YOUR BABY

Addresses good oral hygiene and eating habits for pregnant women, and caring for baby's first teeth.

Available: National Institute of Dental Research

¿SABÍA USTED QUE?

DID YOU KNOW?

Describes oral cancer and offers suggestions for prevention.

Available: Departamento de Salud

¡HÁGALO!

DO IT!

This folder emphasizes the importance of proper brushing in order to maintain healthy teeth and gums. Emphasis is placed on how gum disease and dental care can affect general health.

Available: American Dental Association

**¿LE SANGRAN LAS ENCÍAS
CUANDO SE CEPILLA LOS
DIENTES?**

**DO YOUR GUMS BLEED WHEN YOU
BRUSH YOUR TEETH?**

Adult Reading Level.

Illustrates and describes the causes of periodontal disease, how to recognize it, how to prevent it, and what to do if it is present.

Publication Number W197.

Price: \$4.00/25 copies; \$14.95/100; \$71.50/500; \$135.50/1,000.

Available: American Dental Association

**UNA BUENA DENTADURA PARA
SU BEBÉ**

GOOD TEETH FOR YOUR BABY

Adult Reading Level

Emphasizes the importance of good dental care for a pregnant woman and for the child after birth. Discusses flouride, visits to the dentist, diet and oral hygiene.

Available: National Institute of Dental Research

**¿COMO PUEDE AFECTAR EL
BIBERÓN LA SALUD DEL NIÑO?**

EL SÍNDROME DEL BIBERÓN

**HOW THE NURSING BOTTLE CAN
AFFECT YOUR CHILD'S DENTAL
HEALTH? THE NURSING BOTTLE
SYNDROME**

Adult Reading Level.

Explains "baby bottle syndrome", its causes and how to prevent it. Discusses how to protect baby's teeth and advises how to prevent cavities.

Available: American Dental Association

**SE COMO CEPILLARME LOS
DIENTES Y ¿TÚ?**

**I KNOW HOW TO BRUSH MY TEETH -
DO YOU KNOW HOW TO BRUSH
YOURS?**

Cartoon Sheets.

2nd Grade

For teachers, dentists, parents. English on one side - Spanish on the other.

Tooth caricature - *I know how to brush my teeth - Do you know how to brush yours?*

Bugs Bunny Says - *"Eat lots of vegetables so that you will have firm and healthy teeth and gums."*

Instead of Candy - Eat nuts, fruits and vegetables between meals.

Available: Texas Department of Health

**OYE FUMADOR...PREOCUPATE
POR TU SALUD ORAL**

**LISTEN SMOKER - BE CONCERNED
ABOUT YOUR ORAL HEALTH**

Available: Concilio de Salud Integral de Loiza, Inc.

**LAS AVENTURAS DEL CAPITAN
COMBATECARIOS**

Elementary Reading Level.

Cartoons about dental health.

Available: Colgate Palmolive Company Distribution

BOCA DE BIBERÓN

NURSING BOTTLE MOUTH

Explains the hazards of frequent and prolonged exposure of a child's teeth to liquids containing sugars, and how to prevent the problem and protect the teeth.

Publication Number W167.

Price: \$4.35/25 copies; \$16.45/100; \$77.95/500; \$147.20/1,000.

Available: American Dental Association

PINTANOS Y APRENDE

PAINT AND LEARN

Available: Concilio de Salud Integral de Loiza, Inc.

EL ELEFANTE PEEWEE

PEEWEE THE ELEPHANT

Booklet.

Elementary School Reading Level.

Complete dental unit including story of PeeWee suggestions for presenting it; dental concepts to be taught (brushing, tooth decay, gum disease, visiting dentist) plus related classroom activities. A section is included in Spanish to be sent home with activity sheets.

Available: Colorado Department of Health, Migrant Health Program

HIGIENE ORAL PERSONAL
PERSONAL ORAL HYGIENE

Tells how to use a stain pill to show you areas of bacteria on your teeth that need special cleaning. It then tells how to brush, floss, rinse, reinspect and massage gums. Very thorough descriptions.

Available: Spillan's, Inc.

LIBRO DE DIENTES DE COLOREAR
TAMMY AND TONI TEETH
COLORING BOOK

Grade School Reading Level.

This coloring book illustrates the importance of brushing teeth, eating a balanced diet and healthful snacks.

Price: Free: 1-500 copies; Each additional copy 3 cents.

Available: General Mills, Inc.

AVISO A LOS PADRES
WARNING TO PARENTS

Warns parents of the ill effects on teeth caused by children nursing too long on milk, juices, or other liquids containing sugar.

Available: American Society for Dentistry for Children

HECHOS QUE USTED QUIZAS NO
CONOCIA

WAYS YOU DID NOT KNOW

This booklet offers young adults a complete guide to dental health care. Use of dental floss, proper brushing techniques and rinsing are described.

Available: American Dental Association

QUE HACER DESPUES DE UNA
EXTRACCIÓN DENTAL
WHAT TO DO AFTER EXTRACTION
OF A TOOTH

Adult Reading Level.

Presents post-extraction care to reduce anxiety, and provides easy-to-follow directions regarding bleeding, the blood clot, swelling, pain, medication, diet, and oral hygiene.

Publication Number W196.

Price: \$6.50/100 copies; \$30.70/500;
\$58.00/1,000; \$545.60/10,000.

Available: American Dental Association

¡TU PUEDES CONSERVAR TUS
DIENTES Y LUCIR MUY BIEN!
YOU CAN PROTECT YOUR TEETH

Available: Concilio de Salud Integral de Loiza, Inc.

UD. PUEDE EVITAR CRIES
DENTAL

YOU CAN PREVENT TOOTH DECAY

Illustrates the decay process, and offers advice on brushing, flossing, diet, check-ups, and fluorides.

Publication Number W217.

Price: \$5.65/25 copies; \$21.55/500; \$102.05/500;
\$192.70/1,000.

Available: American Dental Association

LOS DIENTES DE SU NIÑO
YOUR CHILD'S TEETH

6th Grade Reading Level.

Tells about plaque, caries, periodontal disease, proper brushing and flossing, diet, fluoride, dental development, and other important dental information, with color photos. Provides a table showing when and in what order children get their teeth.

Publication Number W198

Price: \$8.15/25 copies; \$31.00/100; \$146.85/500;
\$277.45/1,000.

Available: American Dental Association

LA PRIMERA VISITA DE SU NIÑO
AL DENTISTA

YOUR CHILD'S FIRST VISIT TO THE
DENTIST

Describes why, when, and how often to take children to the dentist, what to tell them about the visit, what the dentist will do, and offers helpful pointers to parents.

Publication Number W213.

Price: \$2.50/25 copies; \$6.20/100; \$29.25/500;
\$55.25/1,000.

Available: American Dental Association

AUDIOVISUAL AIDS

CUIDADO DE LOS DIENTES DE LOS NIÑOS

CARE OF CHILDREN'S TEETH

16mm, Super 8mm, sound, color, 8 minutes.

Stresses parental supervision in the proper care of children's teeth by showing correct brushing and flossing techniques. Answers questions commonly asked by parents. Emphasizes early and regular visits to the dentist.

Available: American Dental Association

DENTADURAS POSTIZAS COMPLETAS

COMPLETE DENTURES

16mm, Super 8mm, video tape, sound, color, 7 minutes.

Explains what a complete denture is and its purpose. Includes the anatomy of the teeth and gums, design and materials used in making dentures, adjustment period, cleaning, etc.

Available: American Dental Association

RAÍZ DE LOS DIENTES

ENDODONTICS

16mm, Super 8mm, video tape, sound, color, 9 1/2 minutes.

Explains root-canal therapy, why it is necessary and how it is done. Gives reasons for saving a tooth.

Available: American Dental Association

REPARACIÓN PARCIAL EN LA DENTADURA

FIXED PARTIAL DENTURES

16mm, Super 8mm, video tape, sound, color, 10 1/2 minutes.

Explains the necessity of a fixed partial denture to replace diseased or missing teeth and how applied. Has sequences on teeth and gum anatomy, study casts, radiographs, design, materials, occlusion, food impaction, adjustment period, home care, repairs, appearance, do's and don'ts, and professional treatment.

Available: American Dental Association

CEPILLANDOSE Y USANDO HILO DENTAL

FLOSSING AND BRUSHING

16mm, Super 8mm, sound, color, 8 1/2 min.

Illustrates proper technique for using dental floss and the kind of tooth brush advocated by Dr. C. C. Bass, Dean Emeritus, Tulane University.

Available: American Dental Association

USANDO EL CEPILLO Y LA SEDA DENTAL

FLOSSING AND BRUSHING

6 minutes.

Outlines the simplest and least costly method of combatting bacteria, plaque, and dental diseases - brushing combined with flossing.

#1612

Price: \$175.00

Available: Professional Research, Inc.

HIGIENE ORAL PARA PACIENTE CON FRENILLOS

ORAL HYGIENE FOR THE ORTHODONTIC PATIENT

16mm, Super 8mm, sound, color, 9 minutes.

Stresses personal care of teeth while wearing braces; demonstrates methods of cleaning teeth properly using the toothbrush, pick, dental floss, water irrigator and disclosing wafers.

Available: American Dental Association

ENFERMEDAD PERIODONTAL PERIODONTAL DISEASE

16mm, super 8mm, sound, color, 8 minutes.

Discusses what periodontal disease is, its cause and progression, the relationship of bacteria to periodontal disease, and the importance of removal of the bacteria for prevention and control.

Available: American Dental Association

ENFERMEDAD PERIODONTAL PERIODONTAL DISEASE

7 minutes.

Illustrates the nature of the disease and treatments available to control its spread.

#1610

Price: \$175.00

Available: Professional Research, Inc.

**PEDRO AND DENTAL CARE: A
SERIES**

Two 35mm filmstrips in color with record or cassette tape.

Designed to encourage young children to learn good dental health habits such as proper brushing, good nutrition, and early, regular visits to the dentist.

Available: National Audio Visual Center

**USO DE IRRIGADORES DE AGUA
USE OF WARM WATER IRRIGATORS**

7 1/2 minutes .

Illustrates the proper use of the water irrigating device, and emphasizes that irrigation is only an additional aid to proper oral hygiene.

#1613

Price: \$175.00

Available: Professional Research, Inc.

**PREVENCIÓN DE PLACA
PLAQUE AND PREVENTION**

16mm, Super 8mm, video tape, sound, color, 8 minutes.

Teaches an up-to-date program of preventing plaque through oral hygiene, including flossing, brushing, disclosing tablets and water-irrigating devices. Relates oral hygiene to prevention of tooth decay and periodontal disease.

Available: American Dental Association

**DENTADURAS PARCIALES
MOVEDISAS**

REMOVABLE PARTIAL DENTURES

16mm, Super 8mm, video tape, sound, color, 11 minutes.

Explains the application of a removable partial denture for replacing missing or diseased teeth. Covers teeth and gum anatomy, study casts, radiographs, design, materials, types, occlusion, food impaction, period of adjustment, home care, repairs, appearance, do's and don'ts, and professional treatment.

Available: American Dental Association

**SONRISAS
SMILES**

16mm, sound, color, 5 min.

Available: American Dental Association

SPLURGE ... GET A NEW ONE

35mm, color filmstrip, sound.

Available: American Dental Association

**LOS DIENTES SON PARA
CONSERVARIOS
TEETH ARE TO KEEP**

16mm, sound, color, 11 minutes.

Animated film stresses the four essentials of good dental health.

Available: National Film Board of Canada

DIABETES

DIETA SIN AZÚCAR Y BAJA EN GRASA SATURADA

A SUGARLESS, LOW SATURATED-FAT DIET

The diet is based on three dietetic principles: (1) keeping sugar consumption as low as possible, (2) replacing refined sugar with starch, and (3) substituting nonsaturated fat for saturated fat. It lists what foods can and cannot be eaten, a sample daily menu, and suggestions for lowering cholesterol levels.

Available: American Diabetes Association

SOBRE LA DIABETES

ABOUT DIABETES

11361 - 37127 - 2578D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

ACERCA DE SU GLUCAGON

ABOUT YOUR GLUCAGON

Brochure defines glucagon and the proper uses of the medicine. Symptoms of hypoglycemia are explained, along with precautions for glucagon use. 1982.

Price: Free to physicians.

Available: U. S. Pharmacopeial Convention, Inc.

ACERA DE SU INSULINA

ABOUT YOUR INSULIN

Insulin is defined, and commonly used brand names and generic names are listed. Precautions and proper use of insulin are explained, and symptoms of hypoglycemia and travel tips are listed. 1982.

Price: Free to physicians.

Available: U. S. Pharmacopeial Convention, Inc.

MEJOR COMIDA PARA USTED

BETTER MEALS FOR YOU

This illustrated booklet is designed to help persons with diabetes plan their meals. It contains exchange lists for the six basic food groups and is intended for use in conjunction with a diet prescribed by a physician.

Price: \$1.00

Available: Diabetes Association of Greater Cleveland

COMENTARIOS SOBRE LAS MEDICINAS ORALES HIPOGLICEMICAS PARA EL DIABETICO

CURRENT COMMENTS ON ORAL HYPOGLYCEMIC DRUGS FOR THE DIABETIC

This brochure discusses some of the issues surrounding the use of oral hypoglycemic drugs. The brochure also reviews the pathophysiology of oral agents and discusses some of the contraindications for their use. Some known medications that interfere with the effectiveness of oral drugs are described. 1981.

Price: \$0.15 ea./1-999 plus postage and handling

Available: American Diabetes Association

LAS REGLAS QUE EL DIABETICO DEBE SEGUIR PARA OBTENER EL BALANCE NECESARIO EN SU COMIDA

DAILY GUIDELINES TO FOLLOW FOR BALANCED DIABETIC MEAL PLANNING

This brochure provides daily guidelines for balanced meal planning. It explains the exchange list system, gives examples of foods from each food group, and emphasizes the importance of keeping good records of eating habits. 1981.

Price: \$0.15 each for 1-999 plus postage and handling.

Available: American Diabetes Association

EL PACIENTE DIABETICO Y SU CUIDADO DENTAL

DENTAL CARE AND THE DIABETIC PATIENT

This brochure discusses the special dental needs of patients with diabetes. 1981.

Price: Free/1-2; \$0.15 ea/3-999 plus postage and handling

Available: American Diabetes Association

**DIETA DIABETICA Y LISTAS DE
INTERCAMBIOS**

***DIABETIC DIET AND EXCHANGE
LISTS***

A diet form with blanks for allowances from the appropriate exchange groups is accompanied by lists of equivalent food items in each group.

Available: Visiting Nurse Association of
Metropolitan Detroit

DIABETES

DIABETES MELLITUS

Flipchart.

A guide for teaching patients self management skills.

Available: Sunrise Community Health Center

DIABETES

DIABETES

Facts about diabetes mellitus are provided. Emphasis is on early treatment through recognition of signs that may indicate diabetes.

Available: Programa Estatal de Diabetes or
Texas Department of Health

**DIABETES ¿QUE ES Y QUE
HACER?**

DIABETES - WHAT TO DO

Available: Concilio de Salud Integral de Loiza

LA BUENA HIGIENE

DIABETES: GOOD HYGIENE

This illustrated Spanish/English brochure outlines the health care precautions people with diabetes should practice. Tells the importance of good hygiene in the care of your feet.

Available: Texas Department of Health

**DIETA PARA EL DIABETICO:
USANDO LAS LISTAS DE
INTERCAMBIOS**

***DIABETIC DIET: USING THE
EXCHANGE LISTS***

Dietary guidelines are offered to facilitate diabetes control or weight reduction. A sample menu planning form is included, along with exchange lists for milk, vegetables, fruits, breads, starchy vegetables, commercially prepared foods, meats, and fats.

Available: Nutrition Program, County of Los
Angeles

INTERCAMBIOS DIABETICOS

DIABETIC EXCHANGES

General instructions, a meal plan form, and sample recipes for common Mexican style dishes accompany lists of exchanges for the six basic food groups. 1981.

Available: Texas Department of Health

**LISTA DE CALORIAS EN DIETA
DIABETICA**

DIABETIC DIET CALORIE SHEETS

General diet rules are provided on one side of 11 x 15-inch sheets. The diet rules briefly review food measurement, preparation, and selection; foods to be avoided; and the use of exchange lists. The food charts list foods in each of the six exchange groups as well as the nutrient content and amount of calories in specified portion sizes. 1981.

Available: Public Relations Department

**LA DIABETES Y EL CUIDADO DE
LOS PIES**

DIABETIC FOOT CARE

Several do's and don'ts of good foot care are discussed, and the need for daily inspection is emphasized. 1981.

Price: Free/1-2; \$0.15 each/3-999 plus postage and handling

Available: American Diabetes Association

**LA DIABETES Y EL DEPORTE
DIABETES AND SPORTS**

A four-part analysis of the prospective athlete with diabetes focuses on the individual's control of the disease, interest in athletics, athletic ability, and knowledge of the risks. A warning about hypoglycemia is included.

Available: American Diabetes Association

**IDENTIFICACIÓN DEL DIABETICO
DIABETIC I.D.**

A vinyl-jacket holder contains an identification card with space for pertinent information. The card lists symptoms and recommended treatment of hyperglycemia and hypoglycemia. A

cardboard insert provides space for pills or sugar packets. I.D.

Price: Wallet: \$0.50; English/Spanish I.D.: \$1.39 plus \$0.50 postage;

Available: Crown Products

NO TEMA A LA DIABETES: MANUAL PARA DIABETICOS

DON'T BE AFRAID OF DIABETES: A HANDBOOK FOR DIABETICS

Measures to control diabetes are emphasized in this booklet. Diet, medication, exercise, foot care, and general health practices are discussed. Warning signs and appropriate treatment of hypoglycemia and hyperglycemia are discussed, and instructions for home tests of urine sugar and ketones are given.

Available: E. R. Squibb & Sons, Inc.

EXTRACCION E INYECCIÓN DE LA INSULINA

DRAWING AND INJECTING INSULIN

Insulin injection techniques are illustrated with color photographs with Spanish captions.

Depicted are use of sterile procedures, correct filling of the syringes, and checking of the injection site for blood.

Available: Becton-Dickinson Consumer Products

COMER BIEN PARA VIVIR MEJOR EAT WELL TO LIVE BETTER

This packet of materials is designed to assist the overweight patient with noninsulin-dependent diabetes mellitus to manage diabetes through weight loss and exercise. The packet includes menus and food exchange lists that are based on the traditional Mexican diet and reflect a calorie-controlled, high-fiber, low fat diet. Exercises are illustrated. Included in the packet is a guide for health care professionals.

Price: 1-10 copies are available free of charge. The producers encourage the reproduction of materials if more copies are needed.

Available: Diabetes Control Program

HOJA DE INFORMACIÓN FACT SHEET

The two-page fact sheet includes information on the prevalence of diabetes in the United States, a definition of the disease, information on its fundamental pathological mechanism, and brief notes on possible complications. Lists of

diabetes risk factors and common symptoms are also provided.

Available: American Diabetes Association

ALIMENTACIÓN Y DIABETES FOOD AND DIABETES

This booklet briefly explains the difference between normal and diabetic glucose metabolism. Food groups are described and examples of each are illustrated. 1980.

Price: \$0.50

Available: American Diabetes Association

LOS ALIMENTOS DEL DIABETICO FOODS FOR THE PERSON WITH DIABETES

Exchange lists are provided for the six basic food groups with emphasis on foods commonly used in Puerto Rico. Foods that may be eaten freely and others that are to be avoided are listed. A list of meats and seafoods is also included. 1980.

Available: Programa Estatal de Diabetes

COMIDAS PERMITIDAS EN LA DIETA DEL DIABETICO FOODS PERMITTED IN THE DIABETIC DIET

This table presents general information concerning the types of foods allowed in the diabetic diet. By food type (i.e., meat, fruits, vegetables), it lists what the person with diabetes can and cannot eat.

Available: American Diabetes Association

CUIDADO DE LOS PIES PARA EL DIABETICO

FOOT CARE FOR THE DIABETIC

This fact sheet presents details on the various aspects of foot care for persons with diabetes. Topics include foot hygiene, "don'ts" for foot care, care of toenails, and the management of corns and calluses. Advice is also given about the selection and wearing of shoes and socks.

Available: American Diabetes Association

EL CUIDADO DE LOS PIES

FOOT CARE

Routines to follow to avoid problems with the feet are discussed. The need for prompt medical attention (*if needed*) are good control of diabetes is emphasized.

Available: Programa Estatal de Diabetes

COMENTARIO PARA LOS PIES: MEJOR CUIDADO PARA DIABETICOS

FOOT NOTES FOR BETTER DIABETES CARE

Foot hygiene rules for people with diabetes are listed in a large-print, illustrated text. Consideration is given to shoes, skin dryness and cracking, bathing, and nail trimming. Sources of information about diabetes are listed.

Available: Becton-Dickinson Consumer Products

COMO EMPEZAR EN CASA GETTING STARTED . . . AT HOME

The brochure focuses on treatment (i.e., diet therapy, exercise, insulin injections), urine testing, complications, and special precautions for foot and skin care, smoking, and drinking. The appendix contains food exchange lists.

Available: Becton-Dickinson Consumer Products

¿QUE ES GLUCOGENO Y CUAL ES SU IMPORTANCIA?

GLUCAGON--WHAT IT IS AND WHY IT'S IMPORTANT

This brochure explains the pathophysiology of the hormone glucagon, how it is normally produced in the body, and its role in maintaining normal blood glucose levels in the person without diabetes. Guidelines are given for the use and administration of glucagon prescribed by a physician for the emergency treatment of severe insulin reactions. 1981.

Price: \$0.15 ea./1-999 plus postage and handling

Available: American Diabetes Association

GUIAS DE LOS MENUS DIARIOS GUIDES TO DAILY MENU PLANNING

This series of daily four-meal diabetic diet plans includes an accompanying exchange table for each plan which gives the approximate fat, carbohydrate, protein, and calorie content of food

services arranged under exchange groups.

Separate plans are available for 1,000 calories, 1200 calories, 1500 calories, 1800 calories, 2000 calories, and 2500 calories. 1980.

Available: Public Relations Department

CUIDADO DE LOS PIES EN CASA PARA DIABETICOS

HOME FOOT CARE FOR DIABETICS

Leaflet.

Teaches Proper foot care at home for the diabetic.

Available: California College of Podiatric Medicine

COMO TRATAR LAS REACCIONES DE NIVELES ALTOS Y BAJOS DE AZÚCAR EN LA SANGRE

HOW TO DEAL WITH LOW AND HIGH BLOOD SUGAR REACTIONS

Pamphlet.

Provides basic information about the management of high and low blood glucose. The author reviews the causes and dangers of hypoglycemia and stresses the importance of preventing this condition by balancing diet, exercise, and medications. 1981.

Price: \$0.15 each/1-999 plus postage and handling.

Available: American Diabetes Association

COMO PONER UNA INYECCIÓN DE INSULINA

HOW TO TAKE INSULIN

This illustrated brochure outlines steps for the administration of insulin. Instructions for administering single and mixed-dose insulin are explained.

Available: Monoject, Div. of Sherwood Medical

COMO VIVIR CON DIABETES HOW TO LIVE WITH DIABETES

Pamphlet.

Discussions cover causes, symptoms, and treatment of diabetes, including diet, exercise, oral hypoglycemic medications, and insulin. Complications such as diabetic coma, insulin reactions, problems with infections, and foot care are identified.

Available: Texas Department of Health

**NOTAS IMPORTANTES PARA
MEJOR CUIDADO DE LOS PIES**
*IMPORTANT FACTS FOR BETTER
CARE OF THE FEET*

Pamphlet

The guidelines cover daily examination and washing of one's feet, careful inspection and selections of shoes, warnings against use of corn and callous removers, and instructions for proper trimming of toenails. The pamphlet also recommends regular foot examinations by the patient's physician or podiatrist. 1982.

Available: American Diabetes Association

**EL DIABETICO
INSULINO-DEPENDIENTE:
INFORMACIONES E
INSTRUCCIONES**

*INSULIN-DEPENDENT DIABETES:
INFORMATION AND
RECOMMENDATIONS*

Insulin-dependent diabetes is explained in comparison to normal digestion and glucose metabolism. Sections about diabetes control explain types and actions of insulin and how control can be affected by many variables, including exercise, illness, and the timing and sugar content of meals. 1982.

Price: Contact directly for details.

Available: Nordick-USA

INSULINA: INYECCIÓN
INSULIN: INJECTION

This patient information sheet has space for the patient's name, prescription number and name, and injection times. The sheet explains what insulin is, precautions the patient should be aware of before injection insulin, and proper uses of the medicine. Warning signs of hypoglycemia are listed.

Available: U. S. Pharmacopeial Convention, Inc.

¡TODO DEPENDE DE USTED!
IT'S ALL UP TO YOU!

Designed to accompany patient education lessons at the Woodland Hospital, this booklet emphasizes patient control of diabetes. Topics include urine testing, insulin, hyperglycemia, and hypoglycemia. Illustrations in color complement the text.

Available: Woodland Memorial Hospital

VIVIR CON LA DIABETES
LIVING WITH DIABETES

11866 - 50211 - 2609D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

CONTROLANDO SU DIABETES
MANAGING YOUR DIABETES

This illustrated booklet explains the main principles and techniques of diabetes management. A step-by-step guide to drawing and injecting insulin is included. Other topics covered are diet; exercise; urine testing; blood glucose monitoring; skin, foot, and dental care; travel; and illness. The signs, symptoms, and treatment of diabetic emergencies are also discussed. 1982.

Available: Public Relations Department

**INSULINA INSUFICIENTE . . .
DEMASIADO ALIMENTO**
*NOT ENOUGH INSULIN . . . TOO
MUCH FOOD*

The causes, symptoms, and treatment of diabetic coma and insulin shock are outlined.

Available: American Diabetes Association

**CONSEJOS PRACTICOS PARA EL
DIABETICO**
*PRACTICAL ADVICE FOR THE
DIABETIC*

Available: Concilio de Salud Integral de Loiza

**PARRANDA NAVIDEÑA PARA TI
DIABETICO**

Available: Concilio de Salud Integral de Loiza

EL EMBARAZO Y LA DIABETES
PREGNANCY AND DIABETES

This pamphlet addresses the importance of good control and rigorous medical care when a woman with diabetes becomes pregnant.

Available: American Diabetes Association

**SELECCIÓN DEL PUNTO Y
ROTACIÓN**
*SELECTION AND ROTATION OF
INSULIN INJECTION SITES*

Insulin injection site rotation is shown on a "body map" that can be used to record injections. A site selector gauge, designed to help

patients learn correct spacing of sites, is included.

Available: Becton-Dickinson Consumer Products

DIETA SIMPLE PARA EL DIABETICO

SIMPLE DIABETIC DIET

This dietary guide lists basic food groups and daily meal patterns for people with diabetes. Special precautions are noted for persons on fat-restricted or sodium-restricted diets.

Available: Nutrition Program, County of Los Angeles

REGLAS PARA EL DÍA DE ENFERMEDAD DEL DIABETICO

SICK DAY RULES FOR THE DIABETIC

Recommendations are given for adjusting diet and insulin during sick days. The author stresses the necessity of consulting a physician before adjustments are made.

Available: American Diabetes Association

EL VIAJAR Y LA DIABETIS

TRAVELING WITH DIABETES

This brochure gives tips for staying healthy when on vacation and/or when traveling.

Recommendations cover eating on the plane and ordering in restaurants; adjusting regimens for increased physical activity; and coping with illness and finding a physician. Travelers also are advised to bring extra syringes, insulin, and other medication needs when traveling.

Available: American Diabetes Association

¿QUE ES LA DIABETES?

WHAT IS DIABETES?

This brochure explains diabetes and its symptoms, discusses its world-wide occurrence, and suggests methods of diagnosis.

Available: American Diabetes Association

LO QUE USTED NECESITA SABER SOBRE LA DIABETES: UNA INTRODUCCIÓN

WHAT YOU NEED TO KNOW ABOUT DIABETES: AN INTRODUCTION

An explanation of diabetes is followed by definitions of insulin-dependent, noninsulin-depend-

ent, gestational, and secondary diabetes. The warning signs of diabetes and possible causes for its development are presented. 1984.

Price: \$0.50

Available: American Diabetes Association

SU PLAN DE COMIDA

YOUR FOOD PLAN

Foods within each exchange group are illustrated in color and labeled in Spanish and English. A space is provided to list the number of portions for each food group at each meal.

Quantity prices per each copy:

1 + \$.25

100 + \$.20

500 + \$.15

Available: Paramount Press

SUS RESPUESTAS A ESTAS PREGUNTAS PUEDEN SALVARLE LA VIDA

YOUR ANSWERS TO THESE

QUESTIONS MAY SAVE YOUR LIFE

Fourteen questions that may help in identifying possible signs of diabetes are listed. The importance of diagnosis is discussed, and a visit to a physician or detection center is recommended if symptoms occur.

Price: \$.10 each

Available: New York Diabetes Association, Inc.

USTED Y LA DIABETES

YOU AND DIABETES

The illustrated booklet describes the common symptoms of diabetes and methods of controlling it through appropriate diet, insulin or oral medication (as prescribed), urine testing, exercise, and good hygiene. An identification card and daily urine test record are provided.

Available: Upjohn Company

USTED LA DIABETES Y DIABETA

YOU AND DIABETES AND DIABETA

The nature and effects of diabetes are outlined for patients taking the oral hypoglycemic Diabeta. Tips for self-care and proper use of medication are presented. 1984.

Available: Hoechst-Roussel Pharmaceuticals, Inc.

AUDIOVISUAL AIDS

DIABETES EN EL ADULTO, PARTES I Y II (PELICULA) *DIABETES IN THE ADULT, PARTS I AND II*

Motion Picture.

2 reels; 21 minutes; Sound; color; 16 mm. Also available in 1/2 in or 3/4 in videocassette and Super 8 mm cartridge. Instructor's guide available.

Part one of this film introduces the newly diagnosed adult with diabetes to the disease process and the resulting symptoms. Self-management through diet, exercise, and home urine testing is reviewed. Part two explains the principles of weight loss and regular exercise.

Price: Contact directly for details

Available: Milner-Fenwick, Inc.

DIABETES EN ADULTOS

DIABETES IN ADULTS

Videorecording - 1 cassette; 18 minutes; sound; color; 3/4 in.

Controlling diabetes through appropriate self-care is emphasized. Explanations include the effect of diabetes on metabolic processes, the importance of diet, the technique of insulin injection, effects of oral drugs, the importance of exercise, low blood sugar reaction, testing urine for sugar and ketones, and skin and foot care.

Price: Loan: \$15.00/month; Sale: \$275.00.

Available: Professional Research, Inc.

DIABETES EN ADULTOS

DIABETES IN ADULTS

15 minutes.

Demonstrates that adults can control their diabetes and still lead normal lives by practicing the 5 elements of good control; proper diet, exercise, use of medication or insulin, glucose monitoring, and daily skin and foot care.

#2750

Price: \$275.00

Available: Professional Research, Inc.

DIETA DE INTERCAMBIOS PARA DIABETICOS

DIABETIC EXCHANGE DIET

11 minutes.

Presents the goals of the diabetic's exchange

diet and provides sample menus.

#2706

Price: \$295.00

Available: Professional Research, Inc.

DIABETES EN ADULTOS

DIABETES IN ADULTS

16mm, super 8mm, video cassette, sound, color, 18 minutes.

Explains the disease; patient's role in diet, rugs, exercise, urine testing, skin and foot care.

Available: Professional Research, Inc.

INTRODUCCIÓN AL DIABETES

DIABETES MELLITUS I - AN INTRODUCTION

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Defines terms, history, basic signs and

symptoms. The goal is to make the patient want to learn more about his disease.

Available: Medfact, Inc.

DIETA BALANCEADA EN NO DEPENDIENTES DE INSULINA

DIET AND MANAGEMENT OF NON-INSULIN DEPENDENT DIABETES

Slide-tape - 78 slides - color.

Accompanied by: 1 cassette; 16 minutes.

The importance of diet in noninsulin-dependent diabetes is emphasized. The program explains the exchange lists for the six basic food groups and presents examples of how they may be used in planning a balanced yet varied and interesting diet. Guidelines for eating out and important precautions concerning alcohol are included.

Price: Loan: write for complete information.

Available: Medcom/Trainex, Inc.

BALANCE EN SU DIETA COMO DEPENDIENTE DE INSULINA

DIET AND THE MANAGEMENT OF INSULIN DEPENDENT DIABETES

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Emphasizes that, while important to everyone's health, a good, well-balanced diet is especially important for persons with diabetes.

Available: Medcom/Trainex Inc.

**BALANCE EN SU DIETA COMO NO
DEPENDIENTE DE INSULINA**
*DIET AND THE MANAGEMENT OF
NON-INSULIN DEPENDENT
DIABETES*

Sound, color. Available in 35 mm filmstrip, slides, video tape, and other formats. Emphasizes the importance of diet and reinforces this emphasis with an explanation of the relationship of non-insulin dependent diabetes to diet.

Available: Medcom/Trainex Inc.

**COMO AYUDAR A ALGUIEN QUE
TIENE DIABETES**
*HOW TO HELP SOMEONE WHO HAS
DIABETES*

Slide-tape. - 72 slides; color. Accompanied by 1 cassette -15 minutes.

This program was designed for a relative or close friend of a person with diabetes. After a description of the early stages of adjustment and discussion of the possible reactions of resentment and guilt, the program continues with concrete and realistic suggestions for ways to help. Price: Loan: write for complete information.

Available: Medcom/Trainex Inc.

**COMO AYUDAR A ALGUIEN QUE
TIENE DIABETES**
*HOW TO HELP SOMEONE WHO HAS
DIABETES*

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Help is the key word in this program developed for the relative or close friend of a person with diabetes. Opens with the all important concept of adjustment and emphasizes that adjustment may be as difficult for the relative or friend as for the patient.

Available: Medcom/Trainex Inc.

**COMO PREVENIR PROBLEMAS
EN DIABETICOS DEPENDIENTES
DE INSULINA**
*HOW TO PREVENT THE PROBLEMS
OF INSULIN DEPENDENT DIABETES*

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Emphasizes that staying in control is the basis

for preventing the problems of insulin dependent diabetes; however, even when the control plan is followed, some problems may still occur. Available: Medcom/Trainex Inc.

TERAPIA DE INSULINA
INSULIN THERAPY

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Discusses in detail all aspects of the use of insulin, including the technique of injection, measurement of units, and the management of hypoglycemia.

Available: Medfact, Inc.

**ONE ON ONE: FOLLOW ALONG
LEARNING SYSTEM**

Four books; four audiotape modules; patient literature.

This comprehensive learning system is designed to aid physicians and nurses in instructing newly diagnosed patients about self management. Each audiovisual module focuses on one step in the learning process; understanding diabetes, drawing and injecting insulin, site selection and rotation, and mixing insulins.

Order number: 9030 GS 61 with tape player; 9030 GS 62 without tape player.

Price: \$55.00 basic package; \$75.00 deluxe package with tape player.

Available: Becton-Dickinson Consumer Products

**CUIDADO PARA LA PIEL Y EL PIE
PARA EL DIABETICO (PELICULA)**
*SKIN AND FOOT CARE FOR THE
DIABETIC*

1 reel; 15 min; sound; color; 16mm.

Also available in 1/2 in or 3/4 in videocassette and Super 8mm cartridge.

Instructor's guide available.

This film describes the need for proper skin and foot care by the person with diabetes. A discussion of vaginal and bladder infections in women concludes the film.

Price: \$250 for video cassette, \$295 for motion picture.

Available: Milner-Fenwick, Inc.

**ANALIZANDO AZÚCAR Y
ACETONAS EN SU ORINA
TESTING YOUR URINE FOR SUGAR
AND KETONES**

Slide - tape - 87 slides - color. Accompanied by 1 cassette - 17 minutes.

Urine testing procedures are demonstrated using Ketodiasix, Clinitest tablets, Acetest tablets, and Testape. Proper storage of test materials, timing, and record keeping are also discussed.

Price: Loan: write for complete information..

Available: Medcom/Trainex Inc.

**LA DIETA EN DIABETES
THE DIET IN DIABETES**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

This is a general discussion of the new ADA exchange lists, calories, and all aspects of nutrition as it pertains to the diabetic followed by several examples of the use of exchange lists.

Available: Medfact, Inc.

**ESTO ES DIABETES
THIS IS DIABETES**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Clears up misconceptions and presents facts and theories related to questions on this disease.

Available: Medcom/Trainex Inc.

**ESTO ES DIABETES
THIS IS DIABETES**

Slide-tape - 70 slides - color. Accompanied by 1 cassette - 13 minutes.

Designed for use in patient or public education, the program provides a basic introduction to diabetes. It illustrates the physiology of the pancreas, especially insulin production and its function in both normal and diabetic states.

Hereditary aspects are explained, and age, sex, and obesity factors are briefly discussed for persons with insulin-dependent and non-insulin dependent diabetes.

Price: Loan: write for complete information.

Available: Medcom/Trainex Inc.

**TRATAMIENTO DE DIABETES
TREATMENT OF DIABETES**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents a detailed discussion of the principles

of treatment of the diabetic, including control of blood sugar, weight control, treatment of complications and the use of drugs.

Available: Medfact, Inc.

**¿QUÉ ES DIABETES
DEPENDIENTE DE INSULINA?
WHAT IS INSULIN DEPENDENT
DIABETES?**

Color, sound. Available in 35mm filmstrip, slides, video tape, and other formats.

Defines insulin dependent diabetes and explains what happens when a person has diabetes, the course it takes, what can be expected in the future, and how diabetes can be controlled.

Available: Medcom/Trainex Inc.

**¿QUÉ ES DIABETES NO
DEPENDIENTE DE INSULINA?
WHAT IS NON-INSULIN DEPENDENT
DIABETES?**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats..

Answers questions: what is non-insulin dependent diabetes? How is it different from insulin dependent diabetes? And how is it similar? What is insulin? How does it function in the body? And what happens when the function is impaired?

Available: Medcom/Trainex Inc.

**¿QUÉ ES LA DIABETES
DEPENDIENTE DE INSULINA?
WHAT IS INSULIN DEPENDENT
DIABETES?**

Slide-tape - 79 slides - color. Accompanied by 1 cassette - 14 minutes.

This program portrays a teen-age boy discussing the role of insulin in controlling diabetes from a patient's point of view. Basic mechanisms of metabolism and of insulin production are discussed.

Price: Loan: write for complete information.

Available: Medcom/Trainex Inc.

**¿QUÉ ES DIABETES NO
DEPENDIENTE DE INSULINA?**
*WHAT IS NON-INSULIN DEPENDENT
DIABETES?*

Slide-tape - 73 slides - color. Accompanied by 1
cassette - 12 minutes.

Insulin production is briefly summarized, and
the role of insulin in glucose metabolism in the
person with noninsulin-dependent diabetes is
described. The effects of obesity in general and
the role it may play in the development of nonin-
sulin-dependent diabetes are explained. Com-
plications such as poor vision, gout, and
hypertension are discussed.

Price: Loan: write for complete information.

Available: **Medcom/Trainex Inc.**

DIAGNOSTIC TESTS

**LO QUE TODO EL MUNDO DEBE
SABER SOBRE EL DIAGNOSTICO
POR RAYOS X**

DIAGNOSTIC X-RAY

11734 - 12336 - 2717C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**SOBRE LAS PRUEBAS DE
LABORATORIO**

LAB TESTS

11874 - 14860 - 2596C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**SOBRE LA CREACION DE
IMAGENES POR RESONANCIA
MAGNETICA**

MRI

14803 - 37168

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

DIARRHEA

CUANOLO SU NIÑO TIENE DIARREA

WHEN YOUR CHILD HAS DIARRHEA

5th Grade Reading Level.

Provides an explanation of diarrhea and a four-day diet for children who are suffering from diarrhea. Advises parents to consult a doctor.

Available: Division of Health Services

DISABILITIES

UN FUTURO PROMETEDOR:

PARA SU NIÑO CON LABIO HENDIDO Y PALADAR HENDIDO

BRIGHT PROMISE FOR YOUR CHILD AND CLEFT LIP AND CLEFT PALATE

Explains what cleft palate is, what causes it, and answers common questions.

Publication Number B027

Price: \$1.25 each

Available: National Easter Seal Society

SUGERENCIAS UTILES PARA LAS PERSONAS CON IMPEDIMENTOS

HANDY, HELPFUL HINTS FOR THE HANDICAPPED

Offers practical solutions to everyday problems.

Publication Number A-287

Price: \$.40 each

Available: National Easter Seal Society

COMO AYUDAR A LAS PERSONAS CON IMPEDIMENTOS A LIMPIAR SE LOS DIENTES

HELPING PERSONS WITH HANDICAPS CLEAN THEIR TEETH

Gives instructions for this type of assistance.

Publication Number A-286

Price: \$.30 each

Available: National Easter Seal Society

BOSQUEJO PARA LA CORRECCIÓN DE AREAS PROBLEMATICAS PARA NIÑOS CON IMPEDIMENTOS DEL APRENDEZAJE

OUTLINE FOR REMEDIATION OF PROBLEM AREAS FOR CHILDREN WITH LEARNING DISABILITIES

Outlines common problems, identifiable behavior, and suggestions for amelioration.

Publication Number B-42

Price: \$.25 each

Available: National Easter Seal Society

¿ATENCIÓN PADRES: SABEN

USTEDES CUALES SON LAS PRIMERAS SEÑALES DE AVISO QUE VIENEN DE LOS NIÑOS QUE REQUIEREN ATENCIÓN ESPECIAL?

PARENTS: DO YOU KNOW THE EARLY WARNING SIGNS OF CHILDREN WITH SPECIAL NEEDS?

Gives early warning signs that may indicate the existence of a growth and development problem.

Publication Number PR-315.

Price: \$4.00/100; \$18.00/500; \$35.00/1,000.

Available: National Easter Seal Society

COSAS QUE RECORDAR TENER PRESENTE...AL ENCONTRARSE CON UNA PERSONA QUE TIENE IMPEDIMENTO

POINTS TO REMEMBER...WHEN YOU MEET A PERSON WHO HAS A DISABILITY

Provides tips to remember when meeting disabled persons.

Publication Number A-209.

Price: \$2.00/100; \$9.00/500; \$17.00/1,000

Available: National Easter Seal Society

CONSEJOS: LO QUE DEBEN Y NO DEBEN DE HACER LOS PADRES DE NIÑOS CON PROBLEMAS DE OLDO

THE DO'S AND DON'TS FOR PARENTS OF CHILDREN WITH HEARING PROBLEMS

Lists tips for parents of pre-school deaf and hard-of-hearing children.

Publication Number A-248

Price: \$.30 each

Available: National Easter Seal Society

**LA ESCOLIOSIS: ¡ATENCIÓN LOS
PADRES DE FAMILIA! LA
CURVATURA DE LA COLUMNA
VERTEBRAL PODRA
CONTROLARSE...SI SE
DESCUBRE EN SUS PRIMERAS
ETAPAS**

***SCOLIOSIS: ATTENTION PARENTS!
CURVATURE OF THE SPINE CAN BE
CONTROLLED IF DETECTED EARLY***

Gives a quick and easy-to-follow test to screen
children for scoliosis.

Publication Number PR-32S

Price: \$4.00/100; \$18.00/500; \$35.00/1,000

Available: National Easter Seal Society

DOWN SYNDROME

**PREGUNTAS Y RESPUESTAS
SOBRE SINDROME DE DOWN**
*QUESTIONS AND ANSWERS ABOUT
DOWN SYNDROME*

Booklet.

Deals with causes and effects of this form of mental retardation, covering questions most often asked by families with a Down's Syndrome child.

9-0203

Available: National Foundation of March of Dimes

ESTE BEBÉ LA NECESITA MÁS
THIS BABY NEEDS YOU EVEN MORE

Public information packet. Contains fact sheets, bibliography of reading materials, and a list of parent groups.

Available: National Down Syndrome Society

AUDIOVISUAL AIDS

PKU-RETARDO MENTAL EVITABLE
*PKU-PREVENTABLE MENTAL
RETARDATION*

16mm, sound, color, 16 min.

Shows how mental retardation caused by PKU can be prevented when diagnosed early. The film includes information on blood tests and techniques for testing urine in the home.

Available: International Film Bureau

DRUG ABUSE

Pamphlets intended for the lay audience are available on the following topics; When ordering, specify the name of the pamphlet, since no order number is given.

Price: Free - up to 100 copies.

Available: National Clearinghouse for Alcohol and Drug Abuse Information

ABUSO DROGAS DRUG ABUSE FLYERS

Packet of six topics

ALUCINACIONES HALLUCINOGENS AND PCP

Describes hallucinogens and psychedelics.

INHALANTES INHALANTS

Describes inhalants, how they work, and their effects and dangers.

MARIHUANA MARIJUANA

Explains the effects of smoking marijuana, and the dangers.

OPIO OPIATES

Gives an explanation of opiates.

SEDANTES HIPNÓTICOS SEDATIVE-HYPNOTICS

Explains sedative-hypnotics.

COCAINA Y ESTIMULANTES STIMULANTS AND COCAINE

Describes amphetamines, cocaine, and caffeine.

LA PREVENCIÓN DEL ABUSO DE LAS DROGAS PREVENTION OF DRUG ABUSE

Nine fold-out pamphlets from the DIN Foundation are available

Price: \$.25/copy; \$1.75/10; \$5.00/50; \$9.00/100; \$80.00/1,000

Available: Do It Now Foundation

EL ALCOHOL ALCOHOL AND HEALTH

Publication Number S606

LAS DROGAS DEPRIMENTES DEPRESSANTS

Publication Number S604

DATOS SOBRE EL POLVO DE ANGEL

FACTS ABOUT ANGEL DUST

Leaflet.

Gives general information on Angel Dust, and its effects when taken by humans.

Publication Number S608

LA HEROINA HEROIN

Publication Number S602

LA HERONINA: ENFRENTANDOSE A SI MISMO JUNK: GETTING YOURSELF TOGETHER

Contains information on methadone, Darvon-N, and other forms of treatment, maintenance, and detoxification. Includes non-drug alternatives.

Publication Number S609 - 131S

BASURA: TODO ACERCA DE LAS DROGAS Y LA CONTAMINACIÓN

JUNK: ALL ABOUT DRUGS AND POLLUTION

Leaflet.

Junior High Level

Discusses why people abuse drugs to get "high"

Publication Number S605/114-S

LA MARIHUANA

MARIJUANA

Publication Number S603

LOS ESTIMULANTES QUÍMICOS

SPEEDY STUFF & COKE

High School or Better Reading Level.

Presents a general introduction to drugs, legal and illegal.

Publication Number S601

INHALANTES

TRUE FACTS ABOUT SNIFFING

Discusses inhalants, their effects, long-term dangers, and other problems associated with their use.

Publication Number S607

SOBRE LA COCAINA

ABOUT COCAINE

14605 - 19356 - 2885C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

LO QUE USTED DEBE SABER

SOBRE LA MARIHUANA

ABOUT MARIJUANA

12831 - 14688 - 2501C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**EL ALCOHOL, LAS DROGAS Y LA
SEGURIDAD**

ALCOHOL, DRUGS, AND SAFETY

Leaflet

High School and up.

Discusses everyday activities such as job safety, bicycle safety, and other functions that may be affected by your attitude toward the use of chemicals.

128-S.

Available: Do It Now Foundation

**TODO ACERCA DE LAS DROGAS
DEPRIMENTES**

ALL ABOUT DOWNER DRUGS

Pamphlet.

High School and up.

Covers all basic downer drugs.

104-S.

Available: Do It Now Foundation

**¿ESTAN SUS HIJOS USANDO
NARCOTICOS O DROGAS
PELIGROSAS?**

**ARE YOUR CHILDREN USING
NARCOTICS OR DANGEROUS
DRUGS**

Adult Reading Level.

A guide to narcotics for parents

Lists most commonly abused drugs, the symptoms and behaviors. They induce, how to recognize drugs and drug paraphernalia, and the dangerous effects of each

Available: Blue Cross/Blue Shield of
Connecticut

**LOS BARBITURICOS: ALGUNOS
HECHOS IMPORTANTES**

**BARBITURATES: IMPORTANT FACTS
FOR YOUR SURVIVAL**

Leaflet.

Information on what are among the most widely used and abused drugs in all strata of society - barbiturates.

111-S.

Available: Do It Now Foundation

LAS DROGAS Y USTED

DRUGS AND YOU

11148 - 14399 - 2390D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**SOBRE EL ABUSO DE LAS
DROGAS**

DRUG ABUSE

11221 - 14639 - 2396D

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**LA HEPATITIS, Y OTROS DATOS
PARA LOS ABUSADORES DE LA
AGUJA**

FACTS FOR NEEDLE FREAKS

Pamphlet.

Junior High and up.

Covers a large array of needle-related problems,
from hepatitis to endocarditis to abscesses.

127-S.

Available: Do It Now Foundation

**TIENES ALGUNA
IDENTIFICACIÓN, JOVEN?
GOT ANY I.D., KID?**

Leaflet

Introduces to the junior-high age and up the
subject of alcohol use and abuse.

129-S

Available: Do It Now Foundation

**GUÍA AL ABUSO DEL ALCOHOL Y
DROGAS: FUENTES SOBRE LA
GENTE QUE HABLA ESPAÑOL -
EN ESPAÑOL, INGLÉS O BILINGÜE
GUIDE TO ALCOHOL AND DRUG
ABUSE**

Audio-visual and Print Sources about the
Spanish Speaking.

Lists audiovisuals, pamphlets, books, peri-
odicals and other materials for laymen and
professionals from both national and foreign
sources.

Available: Do It Now Foundation

**INHALANTES
INHALANTS**

Explains what inhalants are, their effects, haz-
ardous long-term effects, and lethal dosages;
provides a listing of clues in inhalant abuse and
suggestions on how parents can help.

Available: National Clearinghouse for Alcohol
and Drug Abuse Information

**MARIHUANA: ¿QUE ES Y QUE
HACE?**

***MARIJUANA: WHAT IT IS AND WHAT
DOES IT DO?***

Explains duration and effects of marijuana on
the minds and bodies of young people, adults,
and pregnant women, and includes legal aspects
and medicinal use for certain diseases.

Available: National Clearinghouse for Alcohol
and Drug Abuse Information

**LA MARIHUANA: ¡DATOS
IMPARCIALES ACERCA DE LA
HIERBA QUE MATA!**

***MARIJUANA: UNBIASED FACTS
ABOUT THE KILLER WEED!***

Leaflet

Presents information on marijuana and its ef-
fects.

118-S.

Available: Do It Now Foundation

**LA MARIJUANA AL DÍA
MARIJUANA UPDATE**

Explains the health hazards of marijuana .

Price: \$.50/each

Available: American Council for Drug
Education

**SOBRE LA PREVENCIÓN DEL
ABUSO DE LAS DROGAS
PREVENTING DRUG ABUSE**

12682 - 14894 - 2425C

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

**PREVENCIÓN DE ADICCIÓN A
DROGAS Y DE SUSTANCIAS
NOCIVAS**

***PREVENTION OF ADDICTION TO
DRUGS AND SUBSTANCES***

High School Reading Level

Effects of some drugs and how to prevent their
uses.

Available: School Health Program

PCP

Provides background information on PCP use,
hazardous effects, and outcomes; includes sug-
gestions on how people can help.

Available: National Clearinghouse for Alcohol
and Drug Abuse Information

**LA PCP: DE ROBO CALLEJERO
HASTA DROGA DE ELECCIÓN**
*PCP, FROM STREET RIPOFF TO
DRUG OF CHOICE*

Pamphlet.

Junior High and up.

Talks about PCP, which is commonly found in street THC, mescaline, and other drugs.

116-S.

Available: Do It Now Foundation

**LA HEROIA: LA COSA MÁS
FUERTE QUE SE PUEDE
COMPRAR SIN RECETA**
*SMACK: THE STRONGEST THING
YOU CAN BUY WITHOUT A
PRESCRIPTION*

Discusses usage of heroin in today's world and the dangers associated with its usage.

Available: Do It Now Foundation

**EL HUSMEAR: OLORES BUENOS
Y OLORES MALOS**
*SMELLING: GOOD SMELLS AND BAD
SMELLS*

Leaflet.

Written at the 4th grade level

Tells children what sniffing is, why it's done, what it can do, and how the child can get help.

143-S.

Available: Do It Now Foundation

**ALGUNOS DATOS POCO
CONOCIDOS ACERCA DE
DROGAS Y ALCOHOL**
*SOME LITTLE KNOWN FACTS ABOUT
DRUGS AND ALCOHOL*

Leaflet.

Brief facts about marijuana, caffeine, aerosols, laxatives, barbiturates, alcohol, etc.

Available: Do It Now Foundations

**SPANISH LANGUAGE DRUG AND
ALCOHOL INFORMATION PACKET**

Pieces of up-to-date handout materials for all ages. Covers nearly every major aspect of licit and illicit chemicals with abuse or over-use potential. Titles included in this packet are also listed individually in this section.

501-S.

Available: Do It Now Foundation

**LA VELOCIDAD Y LAS BLANCAS:
LA MISMA COSA ALGUNAS VECES**
*SPEED AND WHITES: THE SAME
THING SOMETIMES*

Leaflet.

Written for high-school or better reading level

General information on amphetamines and their effect on humans.

112-S.

Available: Do It Now Foundation

**HECHOS VERDADEROS ACERCA
DE LOS INHALANTES**
TRUE FACTS ABOUT SNIFFING

Leaflet.

Junior High or better reading level

Answers common questions on effects of vaporous substances when inhaled by humans.

106-S.

Available: Do It Now Foundation

**TRANQUILIZANTES: SU USO,
ABUSO, Y DEPENDENCIA**
*TRANQUILIZERS: USE, ABUSE, AND
DEPENDENCY*

Publication No. (FDA) 79-3084S

Price: Single copy free

Available: Food and Drug Administration

**¿QUÉ NOMBRE SE LA DA A LAS
DROGAS?**

WHAT DO THEY CALL IT AGAIN?

Provides glossary of street drugs, including proper and slang terms, how they affect the body, and dosage forms.

Available: National Clearinghouse for Alcohol and Drug Abuse Information

AUDIOVISUAL AIDS

MUERTE ES MUERTE

DEAD IS DEAD

16mm, sound color, 21 minutes.

Traces the step-by-step destruction of humans addicted to pills and needles and offers concrete suggestions for action that can be taken by concerned citizens of all ages.

AA3823

Available: Paramount Communications

LAS DROGAS EN EL SISTEMA NERVIOSO

DRUGS AND THE NERVOUS SYSTEM

16mm, sound, color, 18 minutes.

For young children.

Explains the serious disruption of the nervous system caused by drugs; airplane glue, stimulants, depressants, marijuana, and LSD.

Available: Churchill Films

ENFOQUE SOBRE LAS ANFETAMINAS

FOCUS ON AMPHETAMINES

16mm, sound, color.

Greg Morris narrates this film on amphetamines

Available: American Educational Film

ENFOQUE SOBRE LOS DEPRESIVOS

FOCUS ON DEPRESSANTS

16mm, sound, color.

Narrated by Greg Morris, discusses depressants and their danger.

Available: American Educational Film

ENFOQUE SOBRE LA HEROINA

FOCUS ON HEROIN

16m, sound, color.

Actor and TV personality David Hartman narrates this film on heroin and addiction to the drug.

Available: American Educational Film

ENFOQUE SOBRE LSD Y OTRAS DROGAS SICODICAS

FOCUS ON LSD AND OTHER PSYCHEDELIC DRUGS

16mm, sound, color.

Narrated by Tommy Roe, deals with LSD and other psychedelic drugs.

Available: American Educational Film

ENFOQUE SOBRE LA MARIJUANA

FOCUS ON MARIJUANA

16mm, sound, color.

Deals with marijuana and its effects.

Available: American Educational Film

ALUCINANTES

HALLUCINOGENS

16mm, 5 minutes.

Concerns the primary effects and dangers that hallucinogens may have upon the mind.

Available: National Audio Visual Center

LOS NARCÓTICOS-QUE SON EN REALIDAD

NARCOTICS-THE INSIDE STORY

16mm, sound, color, 12 min.

Acquaints viewers with the effects narcotics and drugs have on the senses and the central nervous system.

Available: Inter-American Safety Council

NARCÓTICOS

NARCOTICS

16mm, 5 min.

Describes the dangerous effects that these drugs may have on the individual. Discusses the reasons why persons abuse drugs.

Available: National Audio Visual Center

ACTIVIDAD PSICOLOGICA

PSYCHOACTIVE

16mm, video cassette, sound, color, 30 minutes.

Informs the viewer about the physiological effects of each of the five classifications of psychoactive drugs on the human body; explains how the nine systems of the human body function separately and together; and demonstrates the way in which a drug meant for one system can throw the others into disequilibrium.

Available: Pyramid Film & Video, Inc.

SEDANTES

SEDATIVES

16mm, 5 min.

Explains the uses and effects to the individual personality relating to tolerance, as well as physical and psychological dependence.

Available: National Audio Visual Center

ESTIMULANTES

STIMULANTS

16mm, 5 min.

Concerns the effects of drug abuse on the nervous system. Mentions the use of "*speed*" and its dangers.

Available: National Audio Visual Center

DRUG INFORMATION

CARTILLA DE MEDICINAS

A PRIMER ON MEDICINES

Provides information on proper and safe use of over-the-counter and prescription medicines and on choosing a pharmacy.

Publication Number (FDA)80-3079S.

Available: Food & Drug Administration

LAS MEDICINAS VENDIDAS CON RECETA

PRESCRIPTION MEDICINES

Leaflet.

Tells the reader what both the patient and doctor should know before a medicine is prescribed. Provides other information about prescription medicines.

DHEW Publ. No. (FDA) 78-3059S

Available: Food & Drug Administration

LA AUTO-MEDICACIÓN

SELF-MEDICATION

Fact Sheet.

Warns of possible danger in using over-the-counter medicines without medical advice, such as over-dosage or mixing medications.

DHEW Publ. No. (FDA) 73-3025S

Available: Food & Drug Administration

RECURSOS

SOURCES

Lists information materials on medicine and health, available from the pharmaceutical industry, including ordering information, and which materials are available in Spanish.

Price: Single, Free; additional copies, \$1.00/each.

Available: Pharmaceutical Manufacturers Association

EMERGENCIES

COMO BUSCAR ASISENCIA

MEDICA DE INMEDIATO

HOW TO FIND IMMEDIATE MEDICAL ASSISTANCE

Offers illustrated instructions on where and how to get immediate assistance in medical emergencies.

Available: American Red Cross

COMO DETENER UNA

HEMORRAGIA

HOW TO STOP HEMORRHAGING

Provides step by step illustrated directions on how to stop bleeding, and tells where and how to seek assistance.

Available: American Red Cross

EPILEPSY

SOBRE LA EPILEPSIA

ABOUT EPILEPSY

11858 - 12625

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

POR QUÉ TU ERES MI AMIGO

BECAUSE YOU ARE MY FRIEND

Pamphlet.

Written for friends of epileptic children; helps them understand the problem.

Available: Epilepsy Foundation of America

LA EPILEPSIA

EPILEPSY

Pamphlet.

Answers frequently asked questions on epilepsy.

Available: Epilepsy Foundation of America

EPILEPSIA

EPILEPSY

Describes all facets of epilepsy and provides case studies.

Publication Number (NIH) 81-156

Available: National Institute of Neurological
& Communicative Disorders
& Stroke

EPILEPSIA: ESPERANZA EN LA INVESTIGACIÓN

EPILEPSY: HOPE THROUGH RESEARCH

Booklet.

Treats the subject of epilepsy in detail, including answers to common questions.

DHEW Publ. No. (NIH) 73-287

Available: National Institute of Neurological
& Communicative Disorders
& Stroke

EPSDT

**EL PROGRAMA DE EXAMEN,
DIAGNOSTICO, Y TRATAMIENTO
HECHO A TIEMPO Y CON
FRECUENCIA DE MEDICAID
*MEDICAID'S EARLY & PERIODIC
SCREENING, DIAGNOSIS, AND
TREATMENT PROGRAM (EPSDT)***

Price: varies depending on quantities ordered.

Available: Channing L. Bete Company, Inc.

EXERCISE

PARA UNA MEJOR SALUD...EJERCITATE

FOR GOOD HEALTH... EXERCISE

Available: Concilio de Salud Integral de
Loiza, Inc.

EL EJERCICIO

DESIGN FOR LIFE SERIES:Physical Fitness

Leaflet.

Outlines basic steps for the safe way to develop a personal fitness program to produce greater stamina and coordination, improved work performance, and a more efficient circulatory system.

Available: Blue Cross/Blue Shield of
Connecticut

ESTILO DE VIDA

DESIGN FOR LIFE SERIES :Lifestyle

Leaflet.

Provides a brief look at the components of a healthy lifestyle, recommending moderation in maintenance of physical and mental well-being.

Available: Blue Cross/Blue Shield of
Connecticut

GOCE Y MANTENGASE EN BUENA CONDICIÓN FÍSICA CAMINANDO

WALK FOR FUN AND FITNESS

12765 - 19646 - 2475D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

AUDIOVISUAL AIDS

PHYSICAL FITNESS AND GOOD HEALTH

16mm, sound, color, 10 min.

Shows the importance of exercise, rest and proper diet for physical fitness. Discusses structure and function of muscles, the body mechanism, and the relationship between physical fitness and the mental and social side of health.

Available: Coronet/MTI Film and Video

FAMILY PLANNING

CONSEJOS PARA EL HOMBRE Y LA MUJER

ADVICE FOR MEN AND WOMEN

Pamphlet.

Covers contraceptive methods, sterilization, abortion, adoption, breast and pelvic exams, and VD along with related topics. Illustrates use of contraceptive methods.

Available: Los Angeles Regional Family Planning Council, Inc.

DESPUÉS QUÉ SU MEDICO LE RECETE LA PILDORA

AFTER YOUR DOCTOR PRESCRIBES THE PILL

10th Grade Reading Level.

Good to use with motivated patient. Accurate information. 1982.

Available: Ortho Pharmaceutical Corporation

EL BARULLO DE CONVERTIRSE EN PADRES ADOLESCENTES METAS PARA ADOLESCENTES

THE FACTS OF BECOMING A TEENAGE PARENT

This pamphlet emphasizes the importance of family planning, not only for married couples, but for adolescents who are planning to someday have children. There is a review of the reproductive process, the risks of pregnancy, and methods of birth control.

Available: U. S. Department of Health & Human Services

FUNDAMENTOS DE LA PLANIFICACIÓN DE LA FAMILIA

BASICS OF BIRTH CONTROL

Pamphlet.

High School/Adult Reading Level.

Gives information on each method in chart form. Discusses the reproductive systems in men and women, the woman's menstrual cycle and various methods of birth control.

Publication Number 1557

Price: \$.50/each; \$24.00/100; \$180.00/1,000

Available: Planned Parenthood

CONTROL DE LA NATALIDAD: LOS METODOS QUE SON EFECTIVOS...Y LOS QUE NO LO SON

BIRTH CONTROL: METHODS THAT ARE EFFECTIVE...AND THOSE THAT ARE NOT

Leaflet.

Gives a brief explanation of conception and methods of contraception that work best, that work sometimes and that do not work. Also discusses abortion and sterilization.

Available: Planned Parenthood

CONFIDENCIAL. PARA PADRES DE FAMILIA...Y FUTUROS PADRES DE FAMILIA

CONFIDENTIAL. FOR FATHERS...AND FUTURE FATHERS

Available: National Foundation of March of Dimes

ANTICONCEPTIVOS: COMPARANDO LAS OPCIONES CONTRACEPTIVAS: COMPARING THE OPTIONS

6th Grade Reading Level.

Lots of accurate, clear information. Good to use for one on one patient education.

Available: U. S. Department of Health & Human Services

¿CONTRACEPCIÓN? CONTRACEPTION?

6th Grade Reading Level.

Accurate information. 1985.

Available: Krames Communications

CONTRACEPCION CONTRACEPTION

Leaflet.

Evaluates contraceptive methods as to safety, effectiveness, medical desirability, convenience, cost and personal taste. Compares advantages and disadvantages.

Available: Planned Parenthood

**METODOS ANTICONCEPTIVOS
EN LA PLANIFICACIÓN FAMILIAR**
*CONTRACEPTIVE METHODS IN
FAMILY PLANNING*

5th Grade Reading Level.

Deals with birth control methods, their effectiveness and use. Discusses possible problems and complications in family planning.

Available: U. S. Department of Health & Human Services

METODOS ANTICONCEPTIVOS
CONTRACEPTIVE METHODS

Available: San Diego County Department of Health Service

**METODOS ANTICONCEPTIVOS.
¿CUAL ES EL MEJOR PARA
USTED?**

*CONTRACEPTIVE METHODS.
WHICH IS THE BEST FOR YOU*

Available: Texas Department of Health

**LA ANTICONCEPCIÓN: ¿QUÉ
METODO LE CONVIENE?**
*CONTRACEPTION: WHAT METHOD
IS MOST CONVENIENT?*

Available: American College of Obstetricians & Gynecologists

DÍAS QUÉ CAMBIARON MI VIDA
DAYS THAT CHANGED MY LIFE

Comic book.

Tells the story of a young couple who have an unplanned baby and follows them through pregnancy to childbirth covering the emotional impact, prenatal care, diet and nutrition, and other factors.

Available: National Foundation of March of Dimes

GRAFICO DE DESARROLLO
DEVELOPMENT CHART

Five-foot long wall poster.

Traces the development of the infant inside the womb.

Available: National Foundation of March of Dimes

EL DIAFRAGMA
DIAPHRAGM INSTRUCTIONS

Pamphlet.

5th Grade Reading Level.

Accurate information.

Available: Su Clinica Familia

**INFORMACIÓN ACERCA DE LA
VASECTOMIA**
FACTS ABOUT VASECTOMY

6th Grade Level.

Good, accurate information - Easy to understand.

Available: Clinica Campesina Rural Health

**VERDAD ACERCA DE LOS
METADOS CONTRACEPTIVOS**
*FACTS ABOUT METHODS OF
CONTRACEPTION*

Explains in chart form temporary methods, how they work, problems and warnings.

Specify Spanish version of Publication Number 131.

Available in multiples of 100 only.

Price: \$15.00/100; \$120.00/1,000

Available: Planned Parenthood

HIGIENE FEMENINA
FEMININE HYGIENE

Bilingual pamphlet.

Discusses feminine hygiene. Among the topics covered are bathing and sex during menstruation, douching, and vaginal secretions.

Available: Life Planning Health Services

**CONOCIMIENTO DE LA
FERTILIDAD**
FERTILITY AWARENESS

Pamphlet.

Describes the life-giving potential of the individual. Outlines the basic biological facts of male-female reproductive physiology. Designed to help people attending family planning classes understand the reproductive process and body signs related to fertility.

Available: Human Life & Natural Family Planning Foundation

ESPUMA Y CONDONES

FOAM AND CONDOMS

Available: Midwest Family Planning
Association

COMO USAR LA ESPUMA

ANTICONCEPTIVA

HOW TO USE A FOAM

CONTRACEPTIVE

Bilingual flipbook.

Explains principles and procedures involved in
this method of contraception.

Available: Schering Corporation

INFORMACION IMPORTANTE

ACERCA DE LOS IUD

IMPORTANT INFORMATION ABOUT

IUDS

Fact Sheet. Warns of possible dangers to
women from use of IUDS.

DHEW Pub. No. (FDA) 79-4012S.

Available: Food & Drug Administration

EN SU CUERPO Y EN SU MENTE

IN YOUR BODY AND IN YOUR MIND

Pamphlet.

In comic book format traces the child's develop-
ment during pregnancy and answers commonly
asked questions about medical examinations
and childbirth. Also talks about care of the new-
born infant.

Available: National Foundation of March
of Dimes

HOJA DE INSTRUCCIONES EN

COMO USAR EL IUD

INSTRUCTIONS ON HOW TO USE AN

IUD

Available: San Diego County Department
of Health Services

HOJA DE INSTRUCCIÓN EN LA

FORMA DE COMO USAR EL

DIAFRAGMA

INSTRUCTIONS ON HOW TO USE

THE DIAPHRAGM

Available: San Diego County Department of
Health Services

INSTRUCCIONES EN COMO USAR

LA ESPUMA Y CONDON

INSTRUCTIONS ON HOW TO USE

FOAM AND CONDOMS

Available: San Diego County Department of
Health Services

INFORMACIÓN SOBRE LA

VASECTOMIA

INFORMATION ABOUT VASECTOMY

Fact Sheet.

Provides information about vasectomy: the pro-
cedure, reversibility, after-effects, and space
complications.

Available: Planned Parenthood

JOSE EL ARRIESGADO

JOSE, THE CARELESS

Leaflet.

Briefly discusses male-female responsibilities in
family planning.

Available: Schering Corporation

LAPAROSCOPIA

LAPAROSCOPY

Pamphlet.

In simple terms, explains the nature of the
operation, reasons for considering it, its effect
on fertility, and benefits of over non- permanent
methods.

Available: Carolina Population Center

LAPAROSCOPIA

ESTERILIZACION DE LOS TUBOS

DE FALLOPIO

LAPROSCOPY: STERLIZATION OF

THE FALLOPIAN TUBES

Available: U. S. Department of Health
& Human Services

BOLETÍN 30. ALERTA A LOS

LIDERES

LEADERS ALERT 30: TEEN-AGE

PREGNANCY

Fact sheet.

Discusses problems facing adolescent mothers
and society when teenagers become pregnant.

Available: National Foundation of March
of Dimes

BICHOS DE AMOR

LOVE BUGS

Pamphlet.

Through humorous illustrations and graphic design presents basic information about the various venereal diseases and urogenital infections.

Available: Krames Communications

**AMOR, SEXO Y CONTROL DE LA
NATALIDAD PARA EL
RETARDADO MENTAL**

**LOVE, SEX AND BIRTH CONTROL
FOR THE MENTALLY RETARDED**

Guides parents in relating facts to youngsters, with advice from experts on introducing and discussing various topics.

Publication Number 1551

Price: \$1.95/each; \$75.00/50

Available: Planned Parenthood

**METODO DE LA OVULACIÓN:
RESUMEN**

METHOD OF OVULATION: SUMMARY

Pamphlet.

Helps in understanding of the ovulation method.

Available: Human Life & Natural Family
Planning Foundation

**METODOS DE PLANIFICACIÓN
FAMILIAR**

METHODS OF FAMILY PLANNING

Adult/High School Reading Level.

Describes several birth control methods, advantages, problems and effectiveness of each.

Available: Planned Parenthood

METODOS ANTICONCEPTIVOS

METHODS OF CONTRACEPTION

Flip chart.

Covers, with demonstration charts, how the menstrual cycle works, how conception occurs, and the various ways it can be prevented. All methods are considered, with advantages and disadvantages explained.

#1520

Available: Planned Parenthood

**LO QUE TODO EL MUNDO DEBE
SABER SOBRE LA
PLANIFICACIÓN FAMILIAR
NATURAL**

NATURAL FAMILY PLANNING

Price: varies depending on quantities ordered.

Publication Number -16717 - 16907 - 2438C

Available: Channing L. Bete Company, Inc.

**NO TODO QUE LE PASA ALLI
ABAJO ES LA ENFERMEDAD
VENREA**

**NOT EVERYTHING WRONG DOWN
THERE IS VD**

Pamphlet.

Looks at the many non-VD infections; includes discussion of vaginitis, urinary tract infection, lice, etc.

Available: Do It Now Foundation

**CONTRACEPTIVOS ORALES
ORAL CONTRACEPTIVES**

Explains possible side effects, common problems associated with use, and informational facts on types of oral contraceptives.

Available: National Institute of Health

EXAMEN PELVICO

PELVIC EXAM

Pamphlet. Answers questions on this exam.

Available: Planned Parenthood

**LA ANTICONCEPCIÓN
PERMANENTE. EL METODO MAS
UTILIZADO EN EL MUNDO
ENTERO**

PERMANENT CONTRACEPTION

Available: Association for Voluntary Surgical
Contraception

**METADOS PERMANENTES PARA
EL CONTROL DE LA NATALIDAD
PERMANENT METHODS FOR BIRTH
CONTROL**

Available: San Diego County Department of
Health Services

**PREGUNTAS Y RESPUESTAS
SOBRE LA ESTERILIZACIÓN
VOLUNTARIA PARA HOMBRES Y
MUJERES**

*QUESTIONS AND ANSWERS ON
VOLUNTARY STERILIZATION FOR
MEN AND WOMEN*

Pamphlet.

Advanced reading level.

Vasectomy and tubal ligation are briefly explained. Covers the techniques, effectiveness, side effects, safety, cost, and legality of the procedures.

Available: Association for Voluntary Surgical
Contraception

**¿SEXO EN ADOLESCENTES?
ESTA BIEN DECIR NO
TEENSEX? IT'S OK TO SAY "NO WAY"**

Addresses sexual behavior of today's teens.

Publication Number 1631

Price: \$.50/each; \$18.00/100; \$140.00/1,000

Available: Planned Parenthood

**EL METODO SINTO-TERMICO
THE SYMPTO-THERMIC METHOD**

Booklet.

This comprehensive publication explains the symptothermic method of natural family planning, covering topics such as basal body temperature and physical evidence.

Available: Planned Parenthood *or*
Human Life & Natural Family
Planning Foundation

**LA HISTERECTOMIA
THE HYSTERECTOMY**

Available: American College of Obstetricians
& Gynecologists

**EL IUD
THE IUD**

Available: Midwest Family Planning
Association

**¡LA VASECTOMIA!
ESTERILIZACIÓN VOLUNTARIA
PARA HOMBRES...**

*THE VASECTOMY. VOLUNTARY
STERILIZATION FOR MEN...*

Available: Texas Department of Health

SER MADRE...SER PADRE

TO BE A MOTHER...TO BE A FATHER

Booklet.

Gives an illustrated, straightforward explanation of human reproduction and family planning methods.

#590

Available: Planned Parenthood

**SER O NO SER UNA MADRE, UN
PADRE**

*TO BE OR NOT TO BE A MOTHER, A
FATHER*

Offers an illustrated, simple explanation of human reproduction and family planning methods.

Publication Number 951

Price: \$.50/each; \$15.00/100; \$115.00/1,000

Available: Planned Parenthood

**LIGADO DE TUBOS
TUBAL LIGATION**

Pamphlet.

Explains the nature of the operation, reasons for considering it, its effect on fertility, and benefits over nonpermanent methods.

Available: Carolina Population Center

**LA OPERACIÓN DE LA
ESTERILIZACIÓN: LIGADURA DE
LOS TUBOS DE FALOPIO**

TUBAL LIGATION

Available: U. S. Department of Health &
Human Services

**USO DE LA PILDORA
USE OF BIRTH CONTROL PILLS**

Pamphlet.

5th Grade Reading Level. Accurate information.

Available: Su Clinica Familia

**USO DE ESPUMA
USE OF FOAM**

5th Grade Reading Level. Accurate information.

Available: Su Clinica Familia

USO DEL CONDOM

USE OF THE CONDOM

5th Grade Reading Level.

Accurate information.

Available: Su Clinica Familia

LA OPERACIÓN DE

ESTERILIZACIÓN: VASECTOMIA

VASECTOMY

Available: U. S. Department of Health & Human Services

LA VASECTOMIA

VASECTOMY

Gives facts about vasectomy as a form of contraception, and discusses results of a study concerning post-surgical problems done on vasectomized men.

Available: National Institute of Health

VASECTOMIA: CONTROL DE LA NATALIDAD PERMANENTE PARA HOMBRES

VASECTOMY: PERMANENT BIRTH CONTROL FOR MEN

Pamphlet.

Answers questions about what a vasectomy is and about the procedure itself, recovery time, effectiveness, and cost.

Available: Planned Parenthood

VASECTOMIA

VASECTOMY

Pamphlet.

Explains the nature of the operation, reasons for considering it, its effects on fertility, and benefits over nonpermanent methods.

Available: Carolina Population Center

ESTERILIZACIÓN VOLUNTARIA: SU DERECHO A SABER - SU DERECHO A ELEGIR

VOLUNTARY STERILIZATION: YOUR RIGHT TO KNOW - YOUR RIGHT TO CHOOSE

Pamphlet.

Describes the procedures, risks, and side effects of vasectomy, tubal ligation, and laparoscopic tubal sterilization. Emphasizes the seriousness of the decision to have a sterilization operation.

Available: Association for Voluntary Surgical Contraception

ESTERILIZACIÓN VOLUNTARIA PARA HOMBRES Y MUJERES

VOLUNTARY STERILIZATION FOR MEN AND WOMEN

Pamphlet.

Explains both operations and answers the questions most often asked about the various sterilization procedures.

Available: Planned Parenthood

LO QUE USTED DEBE SABER

ACERCA DE LOS

CONTRACONCEPTIVOS ORALES

WHAT YOU SHOULD KNOW ABOUT ORAL CONTRACEPTIVES

Available: Syntex (F.P.) Inc.

¡AY NO! ¿QUÉ HAGA AHORA?

WHAT TO DO NOW?

Available: Sex Information and Education

LO QUE TODOS DEBEN SABER ACERCA DEL CONTROL DE LA NATALIDAD

WHAT EVERYONE NEEDS TO KNOW ABOUT BIRTH CONTROL

Price: varies depending on quantities ordered

Publ. Number - 19117 - 19125 - 2398D

Available: Channing L. Bete Company, Inc.

¿QUE HAY QUE SABER DE LA ESTERILIZACIÓN?

WHAT THERE IS TO KNOW ABOUT STERILIZATION

Available: California Department of Health Services

QUÉ DEBE SABER ACERCA DEL CONTROL DE LA NATALIDAD

WHAT YOU NEED TO KNOW ABOUT BIRTH CONTROL

High School/Adult Reading Level.

Shows and discusses various types of birth control. Illustrations of devices.

Available: Yakima Valley Farm Workers Clinic

USTEDES PUEDEN PLANEAR SU FAMILIA

YOU CAN PLAN YOUR FAMILY

Pamphlet. Explains how family planning fosters a healthier, happier, family life.

Available: Planned Parenthood

AUDIOVISUAL AIDS

NACE UN BEBE

A BABY IS BORN

23 minutes.

A literal photographic record of an actual hospital delivery; follows the actual labor and delivery of a couple's first child. Depicts the mixture of emotions that accompany the birth.

#1015

Price: \$25.00

Available: Professional Research, Inc.

ACERCA DE CONCEPCIÓN Y CONTRACEPCIÓN

ABOUT CONCEPTION AND CONTRACEPTION

16mm, sound, color, 11 min.

Animated drawings illustrate how birth control methods function in preventing contraception.

No narration.

Available: National Film Board of Canada or Professional Research, Inc.

ANATOMY AND PHYSIOLOGY OF PREGNANCY

16mm, Super 8mm, video tape, 6 min.

Surveys the female reproductive system; fertilization, sex determination; fetal and maternal development.

Available: Professional Research, Inc.

CONTROL DE NATALIDAD Y SUS ALTERNATIVAS

BIRTH CONTROL: THE CHOICES

16mm, 8mm; sound, color, 15 min.

Presents the uses, limitations, and the side effects of the usual methods of birth control, as well as tubal ligation, vasectomy, and abortion. A physician, a birthcontrol counselor, young persons, and animation are used to explore the choices.

Available: Churchill Films

MUJERES COLOMBIANAS

COLOMBIAN WOMEN

Video tape, b/w, 20 min.

Features a group of Colombian women giving personal testimony to the advantages of using birth control.

Available: Martha Stuart Communications, Inc.

ESPUMA CONTRACEPTIVA Y OTRAS APLICACIONES VAGINALES

CONTRACEPTIVE FOAM AND OTHER VAGINAL APPLICATIONS

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Uses color photography and graphics to describe the way in which these methods of contraception prevent pregnancy, and the manner in which they are obtained and used.

Available: Medcom/Trainex Inc.

DOUCHING

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Demonstrates the proper procedure for douching.

Available: Medfact, Inc.

ESPECIALMENTE PARA NIÑAS ESPECIALLY FOR GIRLS

Sound filmstrip.

The changes and functions of a girl's reproductive system are presented in an animated sound filmstrip that is in use in over 1000 school systems and health care facilities.

Sent on 30-day approval. No previews.

#183

Price: \$35.00

Available: Professional Research, Inc.

ESPECIALMENTE PARA NIÑOS ESPECIALLY FOR BOYS

Sound filmstrip- \$35.00 - #182

Designed to help boys aged 10 and up develop basic understanding and wholesome attitudes about human growth and reproduction.

Sent on 30-day approval. No previews.

#182

Price: \$35.00

Available: Professional Research, Inc.

PLANEAMIENTO FAMILIAR
FAMILY PLANNING

16mm, sound, color, 10 min.

In simple language, explains the goals of family planning without advocating any specific birth control methods.

Available: Coronet/MTI Film & Video

PLANEAMIENTO FAMILIAR
FAMILY PLANNING

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Explains six methods of birth control. Also discusses problems of not using birth control and the selection of the right method for each patient.

Available: Medcom/Trainex Inc. or Medfact, Inc.

PLANIFICACIÓN FAMILIAR: LOS HIJOS POR ELECCIÓN
FAMILY PLANNING: CHILDREN BY CHOICE

16mm, sound, color, 19 min.

Narrated by James Daly, asks questions such as: *Do you want children? How many? Are you mature enough to have a family?* Explores the impact of children on parents and the responsibilities of rearing children.

Available: American Educational Films

FREEDOM FROM PREGNANCY

Super 8, 8 and 16mm, sound, color, 11 min.

Informs the clinic patient about the modern, medically approved tubal ligation and vasectomy operations.

Available: Allendor Productions

LA ESPERANZA NO ES UN METODO

HOPE IS NOT A METHOD - THIRD EDITION

18 minutes.

Discusses medical and scientific information about withdrawal, rhythm, spermicidal foams, sponges, diaphragm, pill, cervical cap, IUD, and voluntary sterilization, in an honest and sensitive manner.

#1132

Price: \$450.00

Available: Professional Research, Inc.

COMO NO QUEDAR EMBARAZADA, AUN INTENTANDOLO
HOW NOT TO GET PREGNANT WHILE REALLY TRYING

Color slide set with record or cassette, 15 min.

Through animation and photographs, describes five methods of contraception (pill, IUD, diaphragm, foam, and condom), their effectiveness, and their use.

Available: Children's Hospital, Columbus, OH

IUD

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Discusses the nature of the intrauterine device, its problems and its advantages.

Available: Medfact, Inc.

PARTO
LABOR AND DELIVERY

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Includes definition of the stages of labor and a discussion of what the mother can expect physically and emotionally during these stages.

Details cervical dilation and effacement, medication before and during delivery, the episiotomy, and the actual delivery of the baby. Discusses immediate after-delivery care.

Available: Medcom/Trainex, Inc.

METADOS DE NATALIDAD
METHODS OF BIRTH CONTROL

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Surveys seven methods of birth control and discusses theoretical and actual effectiveness rates.

Included are: birth control pills, IUD, diaphragm, vasectomy, tubal ligation, condom, and contraceptive foam.

Available: Medcom/Trainex, Inc.

METADOS DE NATALIDAD
METHODS OF FAMILY PLANNING

16mm, sound, color, 18 min.

Explains all presently practiced methods of contraception; shows couples in consultation with doctors, discussing different methods.

AA3824

Available: Paramount Communications

**FAMILIAS PLANEADEAS II.
PLANNED FAMILIES II**

Super 8, 16mm, sound color, 13 min.
Discusses modern, medically approved birth control methods.

Available: Allend'or Productions

PURPOSES OF FAMILY PLANNING

AA3769. 16mm, sound, color, 15 min.
Presents reasons for practicing family planning as real-life people learn about it.

Available: Paramount Communications

**RITMO
RHYTHM**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.
Tells what the rhythm method is and discusses the unsafe period, the menstrual cycle, basic body temperature, and other related topics.

Available: Medcom/Trainex, Inc.

THE IUD

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.
Presents this birth control method in detail, using color photography and graphics to describe the way in which the IUD prevents pregnancy, and the manner in which it is obtained and used.

Available: Medcom/Trainex, Inc.

**LA PILDORA
THE PILL**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.
Describes the way in which the pill prevents pregnancy, and the manner in which it is obtained and used.

Available: Medcom/Trainex, Inc.

**EL CONDOM
THE CONDOM**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.
Explores this birth control method in detail. Color photography and graphics describe the way in which the condom prevents pregnancy, and the manner in which it is obtained and used.

Available: Medcom/Trainex, Inc.

**THE THIRD TRIMESTER-THREE
MONTHS TO MOTHERHOOD**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Review's the first six months of pregnancy and the baby's development during the seventh month. Outlines physical changes experienced by the mother, including signs of pending labor. Presents the differences between false labor and true labor, and the warning signs of complications during the seventh, eighth, and ninth months of pregnancy.

Available: Medcom/Trainex, Inc.

**EL DIAFRAGMA
THE DIAPHRAGM**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents this birth control method, using color photography and graphics to describe the way in which the diaphragm prevents pregnancy, and the manner in which it is obtained and used.

Available: Medcom/Trainex, Inc.

**LA FAMILIA PLANEADA
THE PLANNED FAMILY**

14 minutes - filmstrip and audio cassette.

Presents the most basic facts about reproductive anatomy and birth control. Perfect for use with semi-literate and special education groups. Sent on 30-day approval. No previews.

#1127

Price: \$35.00

Available: Professional Research, Inc.

**LOS NIÑOS DE MAÑANA
TOMORROW'S CHILDREN**

17 minutes - \$282.00 - #20

Compels viewers to consider the problem of overpopulation and the need for birth control and education. Viewers will confront the great responsibility of having a child. For each child is a part of the earth, and tomorrow's small child affects the whole works.

Available: Professional Research, Inc.

LIGADO DE TUBOS

TUBAL LIGATION

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Uses color photography and graphics to describe the way in which tubal ligation prevents pregnancy.

Available: Medcom/Trainex, Inc.

ENTENDIENDO LA PILDORA

UNDERSTANDING THE PILL

8 1/2 minutes.

Describes how oral contraceptives work and provides directions for use and possible complications and limitations.

#1017

Price: \$295.00

Available: Professional Research, Inc.

EMBARAZO NO DESEADO

UNWANTED PREGNANCY

Super 8, 8 and 16mm, sound, color, 9 min.

Reviews the alternatives available to a woman with an unwanted pregnancy, including adoption and abortion.

Available: Allendor Productions

VASECTOMIA

VASECTOMY

16mm, Super 8mm, video tape, sound, color, 15 minutes.

Discusses reproduction and how vasectomy prevents conception; common misunderstandings, techniques, risks and benefits, and post-operative care.

Available: Professional Research, Inc.

VASECTOMIA

VASECTOMY

16mm, 8mm, sound, color, 7 min.

Describes the male reproductive system and vasectomy surgery. Uses animation along with interviews of actual couples.

Available: Churchill Films

VASECTOMIA

VASECTOMY

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Uses color photography and graphics to describe the way in which a vasectomy prevents pregnancy.

Available: Medcom/Trainex, Inc. or Medfact, Inc.

VASECTOMIA

VASECTOMY

Video tape, b/w, 20 min.

Features a group of men in Bogota, Columbia, who talk openly and enthusiastically about their vasectomies.

Available: Martha Stuart Communications, Inc.

ESTERILIZACIÓN TUBAL VOLUNTARIA

VOLUNTARY TUBAL STERILIZATION

16mm, Super 8mm, video tape, sound, color, 14 minutes.

Discusses reproduction and how tubal sterilization prevents conception; laparoscopy and ligation methods; benefits and results.

#1002

Price: \$295.00

Available: Professional Research, Inc.,

FOOD SAFETY

COMO CONTRARESTAR LA DESCOMPOSICIÓN DE ALIMENTOS

FOODBORNE ILLNESS

Brochure.

Provides safety tips on preventing food-borne illnesses when shopping, preparing, and storing foods.

Available: Food Safety & Inspection Service

ENFERMEDADES CAUSADAS POR ALIMENTOS CONTAMINADOS

FOODBORNE ILLNESS

Leaflet.

Explains how foods can cause disease; what some of these foodborne illnesses are; and ways to prevent them.

DHHS Pub. No. (FDA) 80-2044S

Available: Food Safety & Inspection Service

SEGURIDAD DE ALIMENTOS PARA LA FAMILIA-MANTENGA LA COMIDA CALIENTE, FRIA, LIMPIA

FOOD SAFETY FOR THE FAMILY-KEEP FOOD HOT, COLD, CLEAN

Leaflet.

Explains how to prevent food poisoning at home. Includes a quick reference chart showing recommended cooking temperatures and safe storage periods for meat and poultry products.

Available: Food Safety & Inspection Service

CARNES SIN NITRATO: MANEJENSE CON CUIDADO NO NITRITE MEATS: HANDLE CAREFULLY

Brochure.

Contains tips on safe handling of uncured (nitrite-free) hot dogs, bacon, salami, and similar products.

Available: Food Safety & Inspection Service

SEGURIDAD EN ALMUERZOS EN BOISAS DE PAPEL

SAFE BROWN BAG LUNCHES

Brochure.

Shows how to pack a lunch safely to avoid bacterial food poisoning.

Available: Food Safety & Inspection Service

SEGURIDAD DE COMIDA EN EL VERANO

SAFE HANDLING TIPS FOR MEAT AND POULTRY

Brochure.

Suggests ways to avoid spoiled foods in summer outdoor cooking, and how to preserve leftovers; includes symptoms of foodborne illnesses and safe shopping tips.

Available: Food Safety & Inspection Service

NORMAS PARA PRODUCTOS DE CARNE Y AVE GUIA PARA EL CONSUMIDOR

STANDARDS ON MEAT AND POULTRY LABELING

Brochure.

Presents a listing of meat and poultry terms used in labeling food products, based on USDA guidelines by percentage of meat content and other ingredients.

Available: Food Safety & Inspection Service

SEGURIDAD DE COMIDA EN EL VERANO

SUMMERTIME FOOD SAFETY

Leaflet.

Tells how to handle meat and poultry when making the switch from kitchen to outdoor cookery.

Available: Food Safety & Inspection Service

PARA COCINAR CARNES

WHEN COOKING MEAT

Brochure.

Recommends minimum USDA interval temperatures for meat and poultry when cooked, and includes a wall chart for institutional use.

Available: Food Safety & Inspection Service

AUDIOVISUAL AIDS

COMIDA SANA

SAFE FOODS

16mm, sound, color, 9 min.

Demonstrates methods migrant families can use in cooking, serving, and storing food under damp conditions. Indicates how sound food practices help keep workers well and how poor ones lead to illness, as well as attracting flies, roaches, and rats.

Available: National Audio Visual Center

GENERAL HEALTH EDUCATION

LO QUE TODO EL MUNDO DEBE SABER SOBRE LA SALUBRIDAD *ABOUT WELLNESS*

12674 - 14977 - 2433C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

EN EL HOSPITAL - LIBRO PARA COLOREAR

AT THE HOSPITAL

Coloring Book.

54031 - 54320 - 2546C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

IMPEDIMENTOS DE SALUD *BARRIERS TO HEALTH*

Available: Texas Dept. of Human Resources

SANGRE *BLOOD*

High School Reading Level.

This pamphlet orients the public to: blood, the circulatory system, types of blood transfusion, bloodbank, and the relation between good nutrition and the physical condition of the person who donates blood.

Available: Departamento de Instruccion Publica

ENGLISH-SPANISH/QUICK REFERENCE OF MEDICAL TERMS

Adult Reading Level.

This booklet has been prepared with the idea of helping Spanish-speaking people establish a better communication whenever they find themselves in a medical situation. At the same time it could help the English-speaking person to understand the Spanish person.

Available: Pennsylvania Dept. of Community Affairs

DIETA Y EJERCICIO. UNA BUENA FUJA PARA LA SALUD *DIET AND EXERCISE*

Available: Yakima Valley Farm Workers Clinic

INFORMACIÓN GENERAL ACERCA DEL USO DE LAS MEDICINAS

*GENERAL INFORMATION ABOUT
USING MEDICINES*

Available: U. S. Pharmacopeial Convention, Inc.

SOBRE LA BUENA SALUD - UN LIBRO DE ACTIVIDADES PARA COLOREAR

GOOD HEALTH

Coloring Book.

54114 - 54510 - 2511C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

LA SALUD *HEALTH*

Sixth Grade Reading Level.

This hand-out helps parents identify changes in a child's behavior, body or attitude so a clinic may be better able to identify health problems.

Available: Intercultural Development Research Association

¡HOLA NIÑOS! A COLOREAR ESTA TARJETA QUE DICE: ¡SIGAN GOZANDO DE BUENA SALUD!

GOOD HEALTH COLORING BOOK

Available: U. S. Dept. of Health & Human Services

COMO MANTENER SANO A SU NIÑO

HEALTHY CHILD

14290 - 14555 - 2806C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

MANTENGAMOS UNA BUENA SALUD

HEALTH STYLE: A SELF TEST

Publication No. (PHS) 81-50152

Price: Free in limited quantities.

Available: National Health Information Clearinghouse or U.S. Dept. of Health and Human Services

**COMO TOMAR LA TEMPERATURA
HOW TO TAKE THE TEMPERATURE**

Available: Yakima Valley Farm Workers Clinic

**COMO TOMARLE LA TEMPERATURA A UN NIÑO
HOW TO TAKE A CHILD'S TEMPERATURE**

Available: McNeil Consumer Products Company

**LO QUÉ USTED DEBE SABER
SOBRE EL CONTROL DE INFECCIONES**

INFECTION CONTROL

12286 - 12989 - 2721E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

LIFESTYLE AND HEALTH

Adult Reading Level.

Provides basic information about the relationship between lifestyle and health and offers suggestions on how to lead discussion groups on this subject. Offers basic information about six subjects related to lifestyle and health: how to achieve optimum health, eating habits and health, physical fitness and health, hypertension as a risk factor, stress management and the individual's responsibility toward his/her own health.

Available: Departamento de Salud, Puerto Rico

MIGRANT EDUCATION HEALTH CURRICULUM OUTLINE

Grades 1-3 Grades 4-6 - Communicable Diseases.

Curriculum Unit - Teachers Manual, Student Booklet - (Level I Grades 1,2,3 Level II Grades 4,5,6)

Daily personal hygiene practices, proper nutrition, and infectious diseases.

Price: Teachers Manual \$3.25 each; Student

Booklet \$2.25 each; Less 10% on orders over \$150.00.

Available: National Health Information Clearinghouse

**SOBRE LA HIGIENE PERSONAL
PERSONAL HYGIENE**

12666 - 14910 - 2406D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

¿QUE PASO?

WHAT HAPPENED?

High School Reading Level.

This booklet was written to facilitate better communication between health care providers and Hispanic patients. It is a bilingual guide to questions most frequently asked by physicians and health care providers in a clinical situation.

Available: University of New Mexico Press

**ENTENDER SU RECETA MEDICA
UNDERSTAND YOUR PRESCRIPTION**

12591 - 15974 - 2379D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**CUANDO SU NIÑO TIENE FIEBRE
WHEN YOUR CHILD HAS A FEVER**

Adult Reading Level.

This booklet, (written by Sumner Haffe, M.D., Professor of Pediatrics and Pharmacology at The Children's Hospital of Philadelphia), is a complete guide to answering questions about childhood fever. It touches on what is a fever, the causes of a fever, how to take a temperature, and what should be done for a child with a fever.

Available: McNeil Consumer Products Company

AUDIOVISUAL AIDS

**CUIDADO DE ENYESADURAS
CAST CARE**

17 1/2 minutes.

Instructions for easier bathing, walking, sleeping, exercise, and driving. Itching, irritation and warning signals are also discussed.

#9002

Price: \$295.00

Available: Professional Research, Inc.

MAREOS
DIZZINESS

14 minutes.

Discusses the major causes of dizziness and methods that help relieve symptoms.

#3301

Price: \$295.00

Available: Professional Research, Inc.

HOW TO CATCH A COLD

16mm, sound, color. 10 minutes.

Shows how people catch colds and what the person should and should not do.

Available: Coronet/MTI Film & Video

DOLOR DE CUELLO
NECK PAIN

18 minutes.

Causes of neck pain are explained as well as treatment methods such as rest, traction, neck collars, and exercises.

#9004

Price: \$295.00

Available: Professional Research, Inc.

ENFERMEDAD PULMONAR
OBSTRUCTIVA

OBSTRUCTIVE LUNG DISEASE

17 1/2 minutes.

Explains the illnesses which cause chronic lung obstruction and reviews ways to guard against lung irritation and infection.

#2708

Price: \$295.00

Available: Professional Research, Inc.

ULCERA PEPTICA
PEPTIC ULCER

15 1/2 minutes.

Reviews the factors associated with exacerbation and healing of ulcers. Explains the patient's role in therapy, including medication, rest, and current dietary concepts.

#2711

Price: \$295.00

Available: Professional Research, Inc.

INFECCIÓN DE LAS VIAS
URINARIAS

URINARY TRACT INFECTION

16 1/2 minutes.

Facts and fallacies about how infections develop. Discusses symptoms, medical treatment, and long-term care.

#6004

Price: \$295.00

Available: Professional Research, Inc.

CALCULOS RENALES
URINARY CALCULI

14 minutes.

A comprehensive picture of causes, effects, and treatment of urinary stones. Outlines diagnosis, medical and surgical therapy, and long-term care.

#6002

Price: \$295.00

Available: Professional Research, Inc.

HANDICAPPING CONDITIONS

UN NIÑO DESVENTAJADO EN SU CASA

A HANDICAPPED CHILD IN YOUR HOME

Booklet.

For parents who have a severely handicapped child at home. Describes problems, hardships, and rewards of caring for the handicapped child. DHEW Pub. No. (OHD) 30048.

Available: U. S. Government Printing Office

BRIGHT PROMISE...FOR YOUR CHILD WITH CLEFT LIP AND CLEFT PALATE

Booklet.

Answers questions and gives reassurance that, with the quality of treatment now generally available, the outlook for children with clefts is bright.

Available: National Easter Seal Society

SUGERENCIAS UTILES PARA LAS PERSONAS CON IMPEDIMENTOS *HANDY HELPFUL HINTS FOR THE HANDICAPPED*

Booklet.

Presents practical ideas for everyday living developed and shared by a man who "came back" from a stroke.

A-287.

Available: National Easter Seal Society

COMO AYUDAR A LAS PERSONAS CON IMPEDIMENTOS A LIMPIAR LOS DIENTES

HELPING PERSONS WITH HANDICAPS CLEAN THEIR TEETH

Leaflet.

Outlines the methods and equipment suggested for best assisting persons with handicaps in cleaning their teeth.

A-286.

Available: National Easter Seal Society

ATENCIÓN PADRES: ¿SABEN USTEDES CUALES SON LAS PRIMERAS SENALES DE AVISO QUE VIENEN DE LOS NIÑOS QUE REQUIEREN ATENCIÓN ESPECIAL?

PARENTS: DO YOU KNOW THE EARLY WARNING SIGNS OF CHILDREN WITH SPECIAL NEEDS?

Leaflet.

Discusses warning signs of future physical or mental handicaps that can be corrected if parents recognize the symptoms when the child is still young.

PR-31S.

Available: National Easter Seal Society

COSAS QUE TENER PRESENTE...AL ENCONTRARSE CON UNA PERSONA QUE TIENE IMPEDIMENTO

POINTS TO REMEMBER...WHEN YOU MEET A PERSON WHO HAS A DISABILITY

Fact Sheet.

Lists for the non-handicapped how to avoid feeling uncomfortable if dealing with a handicapped person.

A-209.

Available: National Easter Seal Society

AUDIOVISUAL AIDS

A DAY IN THE LIFE OF BONNIE CONSOLO

16mm, sound, color, 16 1/2 minutes.

Follows the daily routine and philosophy of a woman born without arms.

Available: Barr Films

HEALTH FOR OLDER PERSONS

The following set of 25 articles is available through the National Association for Hispanic Elderly (Asociacion Nacional Por Personas Mayores) for \$5.

LOS ACCIDENTES Y LOS ANCIANOS
ACCIDENTS AND THE ELDERLY

LA EDAD Y EL ABUSO DEL ALCOHOL
AGING AND ALCOHOL ABUSE

LAS DROGAS Y LA EDAD
AGING AND DRUGS

SUS OJOS Y LA EDAD
AGING AND YOUR EYES

LA DIGESTION Y LA EDAD
AGING AND DIGESTION

CONSEJOS PARA LA ARTRITIS
ARTHRITIS ADVICE

VERDADES SOBRE EL CANCER PARA LOS MAYORES DE 50
CANCER FACTS FOR PEOPLE OVER 50

EL CRIMEN Y LA GENTE DE EDAD
CRIME AND THE ELDERLY

SUPLEMENTOS DIETETICOS: MÁS NO ES SIEMPRE LO MEJOR
DIETARY SUPPLEMENTS: MORE IS NOT ALWAYS BETTER

ENCONTRAR EL MEJOR TRATAMIENTO MEDICO PARA LOS ANCIANOS
FINDING GOOD MEDICAL CARE FOR OLDER AMERICANS

ALIMENTACIÓN: COMO MANTENERSE SALUDABLE DESPUES DE LOS 65
FOOD: STAYING HEALTHY AFTER 65

EL CUIDADO DE LOS PIES PARA LAS PERSONAS MAYORES
FOOT CARE FOR OLDER PEOPLE

EL OIDO Y LAS PERSONAS MAYORES
HEARING AND THE ELDERLY

EL CALOR, EL FRIO, Y LA VEJEZ
HEAT, COLD, AND BEING OLD

PRESIÓN ALTA DE LA SANGRE: COMUN PERO CONTROLABLE
HIGH BLOOD PRESSURE: A COMMON BUT CONTROLLABLE DISORDER

COMO HACER FRENTE A LA DIABETES
HOW TO COPE WITH DIABETES

**COMO HACERLE FRENTE A LA
ARTRITIS**

HOW TO COPE WITH ARTHRITIS

**QUÉ HACER CUANDO TENEMOS
INFLUENZA (FLU)**

WHAT TO DO ABOUT FLU

**LA OSTEOPOROSIS Y LA EDAD
OSTEOPOROSIS AND AGING**

**PROBLEMAS DE LA PROSTATA
PROSTATE PROBLEMS**

**EL USO SEGURO DE LOS
MEDICAMENTOS PARA LOS
ANCIANOS**

*SAFE USE OF MEDICINES BY OLDER
PEOPLE*

**CARTA DE SALUD DEESTAR
PERDIENDO EL OIDO**

HEARING LOSS

Adult Reading Level.

Describes warning signs of hearing loss. Discusses when immediate action is needed on how to protect one's hearing.

Available: El Proyecto de Education de la Salud

**"LA SENILIDA": ¿MITO O
DEMENCIA?**

SENILITY: MYTH OR MADNESS?

**LA SEXUALIDAD EN LA VIDA DE
LAS PERSONAS MAYORES**

SEXUALITY IN LATER LIFE

LA PROTECCIÓN DE LA PIEL

*SKIN: GETTING THE WRINKLES OUT
OF AGING*

EL CUIDADO DE LA DENTADURA

TAKING CARE OF YOUR TEETH

**EL USO DE LAS ETIQUETAS;
COMO PROTEGERSE DE LA
INTERACCIÓN DE LAS DROGAS**

*USING LABELS; PROTECTING
YOURSELF FROM DRUG
INTERACTION*

HEARING

CONSEJOS: LO QUE DEBEN Y NO DEBEN DE HACER LOS PADRES DE NIÑOS CON PROBLEMAS DEL OIDO

DO'S AND DON'TS FOR PARENTS OF CHILDREN WITH HEARING PROBLEMS

Leaflet.

Lists how parents should treat or should not treat a hearing-impaired child.

A-248.

Available: National Easter Seal Society

PERDIENDO EL OÍDO HEARING LOSS

Adult Reading Level.

Describes warning signs of hearing loss. Discusses when immediate action is needed on how to protect one's hearing.

Available: Santa Fe Health Education Project

AUDIOVISUAL AIDS

MAREOS DIZZINESS

16mm, Super 8, video tape, sound, color, 14 minutes.

Details how the systems of balance function in health and disease; causes of dizziness, treatment methods, results and adjustments.

Available: Professional Research, Inc.

EAR SURGERY

16mm, Super 8mm, video tape, sound, color, 16 minutes.

Presents the anatomy and function of the ear; types of hearing loss; otosclerosis, tympanoplasty, stapedectomy and home care.

Available: Professional Research, Inc.

HEARING AND NOISE

16mm, sound, color, 16 minutes.

Shows the relationship between exposure to high noise levels and hearing loss, the frustrations arising from hearing impairment, and the hazards which can result.

AA3873.

Available: Paramount Communications

INFECCIONES DEL OIDO MEDIO MIDDLE EAR INFECTIONS

11 minutes.

Examines causes and treatment of middle ear infections and fluid in the ear. Includes information on surgery, medications, and home care.

#3003

Price: \$295.00

Available: Professional Research, Inc.

SORDERO DEL NERVO NERVE DEAFNESS

16mm, Super 8mm, video tape, sound, color, 16 1/2 minutes.

Explains auditory functions and causes of nerve deafness; tinnitus, hearing aid, speech, reading, and coping with hearing loss.

Available: Professional Research, Inc.

YOU - AND YOUR EARS

16mm, sound, color, 8 minutes.

Describes the eardrum, other ear parts, and how ears help keep balance. Gives rules for proper ear care.

Available: Coronet/MTI Film & Video

HEMOPHILIA

**CUIDADO COMPRESIVO PARA LA
PERSONA CON HEMOFILIA**
*COMPREHENSIVE CARE FOR THE
PERSON WITH HEMOPHILIA*

Pamphlet.

Describes care for the hemophiliac.

EX-112.

Available: Cutter Laboratories

TERAPIA FISICA EN LA HEMOFILIA
*PHYSICAL THERAPY FOR
HEMOPHILIA*

Pamphlet.

Discusses the treatment of this disease.

EX-110.

Available: Cutter Laboratories

**SU NIÑO Y LA HEMOFILIA: UN
MANUAL PARA LOS PADRES**
*YOUR CHILD AND HEMOPHILIA: A
MANUAL FOR PARENTS*

Booklet.

Contains information on hemophilia and care of
the child with hemophilia.

EX-111.

Available: Cutter Laboratories

HEPATITIS

HEPATITIS

Adult Reading Level.

This pamphlet provides information about the meaning of the term "*Hepatitis*". It also provides information about the symptoms, treatment and prevention of this illness.

Available: School Health Program

DATOS ACERCA DE HEPATITIS **INFORMATION ABOUT HEPATITIS**

Available: San Diego County Department of
Health Services

HOSPITALIZATION

CUANDO SU NINO VA AL HOSPITAL-UN MENSAJE DE FRED ROGERS

WHEN YOUR CHILD GOES TO THE HOSPITAL

Adult Reading Level.

Written and illustrated by Fred Rogers to help encourage communication between adults and children, this illustrated booklet reflects his unique blend of information and reassurance.

Children's fears and fantasies about what might happen during a hospital stay are often more frightening than what actually will happen there. In the booklet, Fred Rogers suggests ways in which parents can help their children as they prepare for hospitalization.

Price: Single copy no charge

2-49 copies @ .50 each

50 copies @ \$7.50

100 copies @ \$15.00.

Available: Family Communications

SU ESTANCIA EN EL HOSPITAL YOUR STAY IN THE HOSPITAL

16mm, Super 8mm, video tape, sound, color,
9 1/2 minutes.

Discusses hospital rules, policies, and organization; meal planning and special diets; and the patient's role.

#2603

Price: \$295.00

Available: Professional Research, Inc.

AUDIOVISUAL AIDS

BED BATH

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Though intended for the hospital worker as are many of Trainex Corporation's programs, this might prove helpful for friends and relatives of bedridden patients. Guides the person through each of the steps in giving the bedridden patient a bed bath. Also covers mouth care, shaving, and back rub.

Available: Medcom/Trainex, Inc.

UNDERSTANDING YOUR ANESTHESIA

16mm, Super 8mm, video tape, sound, color,
8 minutes.

Features preoperative preparation, choice of anesthesia, role of anesthesiologist, and post-operative care.

Available: Professional Research, Inc.

HYPERTENSION

**RECOMENDACIONES
ALIMENTICIAS PARA
HIPERTENSOS (PRESION ALTA)
DIETARY RECOMMENDATIONS FOR
HYPERTENSION**

Available: Concilio de Salud Integral de Loiza

**LA PRESION ARTERIAL ALTA,
FICCION Y VERDAD
HIGH BLOOD PRESSURE: FICTION
AND TRUTH**

High School Reading Level.

This leaflet outlines common misconceptions about high blood pressure and facts to encourage people to seek proper medical attention. There is also an explanation of the significance of the numerals used to describe blood pressure.

Available: Nebraska State Department of Health

**ALTA PRESION ARTERIAL
HIGH BLOOD PRESSURE**

Available: American Heart Association

**ALTA PRESION DE LA SANGRE.
LO QUE USTED Y SU FAMILIA
DEBEN SABER**

HIGH BLOOD PRESSURE

Available: Department of Health & Human Services

**LA ALTA TENSION ARTERIAL ES
PELIGROSA**

**HIGH BLOOD PRESSURE IS
DANGEROUS**

Available: City of Houston Dept. of Health

**LA PRESION ARTERIAL ALTA ES
UN PROBLEMA SERIO**

**HIGH BLOOD PRESSURE IS A
SERIOUS PROBLEM**

Available: Smith Kline & French Company

**LA VIDA CON LA HIPERTENSION
LIVING WITH HYPERTENSION**

Available: Merck Sharp & Dohme

**ESTA ES SU PRESION ARTERIAL
THIS IS YOUR BLOOD PRESSURE**

Available: CIBA Information Services

**VERDAD Y FICCION SOBRE LA
PRESION ARTERIAL ALTA
TRUTH AND FICTION ABOUT HIGH
BLOOD PRESSURE**

Available: Department of Health & Human Services

**QUE COSA ES LA PRESION
ARTERIAL ALTA?**

**WHAT CAUSES HIGH BLOOD
PRESSURE**

Available: Concilio de Salud Integral de Loiza

AUDIOVISUAL AIDS

✓ **PRESION ALTA
HIGH BLOOD PRESSURE**

18 minutes.

Describes essential hypertension and its consequences. Reviews the goals and benefits of treatment and how control can be gained with medications, diet, and other measures.

#2709

Price: \$295.00

Available: Professional Research, Inc.

✓ **HIPERTENSION
HYPERTENSION**

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Discusses the nature of hypertension; explains blood pressure and why control of hypertension is of extreme clinical importance.

Available: Medfact, Inc.

HUMAN ANATOMY

AUDIOVISUAL AIDS

YO SOY JOSE

I AM JOE

Series of four 25-minute, 16mm. sound films. Teaches the way the heart, lungs, stomach and spine function. The four films are "Yo Soy el Corazon de Juan" (*I Am Joe's Heart*), "Yo Soy el Pulmon de Juan" (*I Am Joe's Lung*), "Yo Soy el Estomago de Juan" (*I Am Joe's Stomach*), "Yo Soy la Columna Vertebral de Juan" (*I Am Joe's Spine*).

Available: Pyramid Film & Video, Inc.

THE HUMAN REPRODUCTIVE SYSTEMS

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Illustrates the internal and external male and female reproductive organs in full color artwork; details the physiology of the hormone secretions that control these reproductive organs. Depicts the union of one sperm and one ovum.

Available: Medcom/Trainex, Inc.

YOU-AND YOUR FIVE SENSES

16mm, sound, color, 8 min.

Compares and explains man's five senses, drawing parallels and differences between man and animals.

Available: Coronet/MTI Film & Video

IMMUNIZATION

¿ESTAN SUS HIJOS PROTEGIDOS CONTRA ESTAS ENFERMEDADES PELIGROSAS?

*ARE YOUR CHILDREN PROTECTED
AGAINST THOSE DANGEROUS
DISEASES?*

Adult Reading Level.

This folder explains reasons to immunize. It tells what diseases can be protected against what they are and what they can cause. There is a chart showing the ages immunization should be given. It tells where children can be immunized.

Available: Arizona Department of Health
Services

BACTERIAS: LAS CELULAS MÁS PEQUEÑAS

BACTERIA: THE LITTLEST CELLS

Booklet.

Discusses in relatively simple language the nature of bacteria and man's defenses against it. DHEW Publ. No. (NIH) 74-549.

Available: National Institute of Allergy
& Infectious Diseases

MADRE: TE FELICITAMOS CONGRATULATIONS MOTHER

Adult Reading Level.

Congratulates mothers for the arrival of a new baby and stimulates them to immunize the baby against childhood diseases.

Available: Departamento de Salud

REGISTRO MÉDICO FAMILIAR FAMILY MEDICAL RECORD

Chart.

Presents a simple, comprehensive form for keeping vital family health information. 9-0168.

Available: National Foundation/March of
Dimes

¿HA RECIBIDO SU NIÑO TODAS LAS IMMUNIZACIONES IMPORTANTES?

*HAVE YOUR CHILDREN RECEIVED
ALL THE IMPORTANT
IMMUNIZATIONS?*

Available: California Department of Health

NIÑOS SALUDABLES... CON SUS VACUNAS

*HEALTHY CHILDREN...WITH THEIR
IMMUNIZATIONS*

Available: Concilio de Salud Integral de Loiza,
Inc.

COMO PROTEGERLOS HOW TO PROTECT

Adult Reading Level.

Describes immunization against diphtheria, whooping cough and tetanus and indicates immunization schedule.

Available: Departamento de Salud

IMMUNIZACIÓN

DESIGN FOR LIFE SERIES:

Immunization

Leaflet.

Discusses the diseases deterred through immunization. Also provides an immunization schedule to record which immunizations have been received and when.

Available: Blue Cross/Blue Shield of
Connecticut

¡A MI ME QUIERE! (VACUNAS) IMMUNIZATION

Available: California Department of Health

IMMUNIZACIÓN: ¿QUIÉN LA NECESITA?

IMMUNIZATION: WHAT FOR?

Available: American Academy of Pediatrics

**LA INMUNIZACIÓN NO ES SOLO
COSA DE NIÑOS**

*IMMUNIZATION IS NOT ONLY FOR
CHILDREN*

Available: Texas Department of Health

**¿QUIEN LAS NECESITA? ¡TODO
EL MUNDO! (VACUNAS)**

IMMUNIZATIONS

Available: Illinois Dept. of Public Health

**PREVENCIÓN DE DEFECTOS
CONGENITOS CAUSADOS POR
RUBELLA**

*PREVENTING BIRTH DEFECTS
CAUSED BY RUBELLA*

Leaflet.

Discusses the dangers and prevention of rubella.
9-0138.

Available: National Foundation of March of
Dimes

**PROTEJA TODO NIÑO;
INMUNICELOS AHORA CONTRA
ESTAS PELIGROSAS
ENFERMEDADES DE LA NIÑEZ...**

*PROTECT ALL CHILDREN;
IMMUNIZE THEM NOW AGAINST
THESE DANGEROUS CHILDHOOD
DISEASES*

Poster.

Available: Center for Disease Control

**PROTEJALOS DEL PELIGRO
PROTECT FROM DANGER**

High School Reading Level.

This folder explains why each type of vaccination is very important for a child. A schedule for vaccination is included on the back of the folder.

Available: National Institute of Dental
Research

**INYECCIONES PARA NIÑOS
SHOTS FOR TOTS**

11551 - 12377 - 2453B

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**DOS CLASES DE SARAMPIÓN;
DOS VACUNAS PARA PREVENIRLO
TWO TYPES OF MEASLES; TWO
VACCINES TO PREVENT THEM**

Leaflet.

Gives brief facts on measles and German measles.

Available: United Cerebral Palsy Association

**VACUNAS E INMUNIZACIONES
VACCINATIONS AND
IMMUNIZATIONS**

Available: City of Houston - Department of
Health

**LOS VIRUS: AL BORDE DE LA
VIDA**

VIRUSES: ON THE BORDER OF LIFE

Booklet.

Gives detailed, non-technical information on
what a virus is and how it operates.

DHEW Publ. No. (NIH) 74-550.

Available: National Institute of Allergy &
Infectious Diseases

AUDIOVISUAL AIDS

CHILDHOOD IMMUNIZATION

33 1/3 rpm record with six radio spots on each
side, two of which, *Escuche* (Listen) and
Miguelito, are in Spanish.

Available: Center for Disease Control

IMPETIGO

EL IMPETIGO Y SU NIÑO

IMPETIGO AND YOUR CHILD

Available: City Of Houston Department of Health

QUE ES IMPETIGO

WHAT IS IMPETIGO

Adult Reading Level.

This folder explains what impetigo is, how it begins and how to treat it.

Available: Texas Department of Health

AUDIOVISUAL AIDS

SPOT PREVENTION-MEASLES

16mm, sound, color, 14 minutes.

Humorously shows the chase and capture of the measles "*germ*" and his "*conversion*" to protective vaccine. Promotes immunization against measles in children. Animated.

Available: National Audio Visual Center

INFANT CARE

**ACERCA DE LA INTOLERANCIA
DE SU BEBÉ A LA LECHE**
*ABOUT YOUR BABY'S INTOLERANCE
TO MILK*

Available: Ross Laboratories

**DESPUÉS DEL NACIMIENTO DEL
NIÑO (GUÍA PARA LAS MADRES
DURANTE LAS PRIMERAS
SEMANAS DEL NACIMIENTO DEL
BEBÉ**

*AFTER THE BIRTH OF YOUR BABY:
GUIDE FOR MOTHERS DURING THE
FIRST MONTHS AFTER BIRTH*

Available: Mead Johnson & Company

LA LIMPIEZA DEL BEBÉ
BATHING YOUR BABY

Available: Johnson & Johnson

EL CUIDADO DE SU BEBÉ
DANGER TO YOUR BABY

Available: U. S. Dept. of Health & Human
Services

**CUIDADOS ELEMENTALES DEL
BEBE**

Available: Johnson & Johnson

PADRES POR VEZ PRIMERA
FATHERS FOR THE FIRST TIME

Available: Johnson & Johnson

**ALIMENTANDO A SU BEBÉ.
DESDE EL NACIMIENTO HASTA
LOS CUATRO MESES**
*FEEDING YOUR BABY. FROM BIRTH
UNTIL THE FIRST FOUR MONTHS*

Available: Florida WIC and Nutrition Services

**ALEMENTANDO A SU BEBÉ.
DESDE LOS SIETE A LOS DOCE
MESES**
*FEEDING YOUR BABY. FROM SIX TO
TWELVE MONTHS*

Available: Florida WIC and Nutrition Services

**ALIMENTANDO A SU NUEVO
BEBÉ DURANTE LA INFANCIA**
*FEEDING YOUR NEW BABY DURING
INFANCY*

Available: Florida WIC and Nutrition Services

**ALIMENTOS PARA EL PRIMER
AÑO DEL BEBÉ**
FOOD FOR YOUR BABY'S FIRST YEAR

Available: Florida WIC and Nutrition Services

**FORMULAS. NUTRICIÓN PARA
UN BEBÉ FELIZ Y SANO**
*FORMULAS. NUTRITION FOR A
HAPPY AND HEALTHY BABY*

Available: City of Houston Dept. of Health

**COMO ALIMENTAR A SU BEBÉ DE
LOS CUATRO A LOS DOCE
MESES DE EDAD**

*HOW TO FEED YOUR BABY FROM
FOUR TO TWELVE MONTHS OF AGE*

Available: Los Angeles County Health
Department

**COMO ALIMENTAR A SU BEBÉ
DESDE EL DÍA DE SU
NACIMIENTO A LOS TRES MESES
(ALIMENTO DE FORMULA)**
*HOW TO FEED YOUR BABY FROM
BIRTH TO THREE MONTHS*

Available: Los Angeles County Health
Department

HABRA UN NUEVO BEBÉ EN SU CASA

HAVING A NEW BABY IN YOUR HOUSE

Available: Ross Laboratories

COMO PREPARAR LA FORMULA DE SU BEBÉ

HOW TO PREPARE FORMULA FOR YOUR BABY

Available: Ross Laboratories

COMO PREPARAR LA FORMULA DE SU BEBÉ. COMPRE ENFAMIL CON HIERRO CONCENTRADO (LATA AMARILLA)

HOW TO PREPARE FORMULA FOR YOUR BABY

Available: Mead Johnson & Company

COMO ALIMENTAR A SU BEBÉ...EL PRIMER AÑO. UNA GUÍA VALIOSA PARA LAS NECESIDADES NUTRICIONALES DEL NIÑO

HOW TO FEED YOUR BABY... THE FIRST YEAR

Available: Mead Johnson & Company

EL CRECIMIENTO DE SU BEBÉ (LADO 1) COMO BAÑAR AL BEBITO (LADO 2)

HOW TO BATHE YOUR BABY

Available: Johnson & Johnson

COMO BAÑAR A SU BEBÉ

HOW TO BATHE YOUR BABY

8-1/2 x 11 inches - 2 sides.

Available: Ross Laboratories

INFANTES

INFANTS

3-1/2 x 8-1/2 inches - 8 pages.

Available: Texas Department of Human Resources

INFANT FEEDING GUIDE

Sixth Grade Reading Level.

This folder explains, through pictures, what to feed a baby from birth to five.

Available: Texas Department of Health

¿NECESITA USTED HIERRO? ¡COMALO!

IRON

Available: Florida WIC and Nutrition Services

CONOCIENDO A SU RECIEN NACIDO

KNOWING YOUR NEWBORN

Available: Johnson & Johnson

LOS PROCESOS DEL DESARROLLO INICIAL

Available: Ross Laboratories

UN PLAN DE ALIMENTO PARA SU BEBÉ

NUTRITION PLAN FOR YOUR BABY

Adult Reading Level.

This booklet reviews a child's nutritional needs from birth to 12 months. A complete list of recommended foods is provided.

Available: Texas Department of Health

NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE LOS PRIMEROS MESES

NUTRITION FOR A HAPPY AND HEALTHY BABY

Available: City of Houston Dept. of Health

NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE CUATRO A SEIS MESES

NUTRITION FOR A HEALTHY AND HAPPY BABY./ FROM FOUR TO SIX MONTHS

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ
FELIZ Y SANO. DE SIETE A OCHO
MESES**

*NUTRITION FOR A HEALTHY AND
HAPPY BABY. FROM SIX TO EIGHT
MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ FELIZ
Y SANO. DE NUEVE A DOCE
MESES**

*NUTRITION FOR A HEALTHY AND
HAPPY BABY. FROM NINE TO
TWELVE MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN PARA UN BEBÉ FELIZ
Y SANO. LOS CUATRO
PRIMEROS MESES**
*NUTRITION FOR A HEALTHY AND
HAPPY BABY. THE FIRST FOUR
MONTHS*

Available: City of Houston Dept. of Health

**NUTRICIÓN DE SU BEBÉ
DURANTE EL PRIMER AÑO DE
VIDA**

*NUTRITION FOR YOUR BABY
DURING THE FIRST YEAR OF LIFE*

Available: Mead Johnson & Company

**PROTEJA A SU
NIÑO...(ENFERMEDADES DE LA
INFANCIA)**

*PROTECTING YOUR CHILD...INFANT
DISEASES*

Available: U. S. Dept. of Health & Human
Services

**EL LIBRO DEL BEBÉ. UTIL
MANUAL DE INFORMACIÓN
GENERAL**

*THE BABY BOOK - GENERAL
INFORMATION MANUAL*

Available: Gerber Products Company

**LOS PRIMEROS DOCE MESES.
GUÍA DE ALIMENTACIÓN INFANTIL
THE FIRST TWELVE MONTHS.**

GUIDE TO INFANT NUTRITION

Available: California Dept. of Health Services

**EL PRIMER AÑO DE VIDA DE SU
BEBÉ**

THE FIRST YEAR OF LIFE

Available: U. S. Dept. of Health & Human
Services

**¿COMO PUEDO SABER CUANDO
MI NINO ESTA ENFERMO?**

*WHAT SHOULD I DO WHEN MY
BABY'S SICK?*

Available: City of Houston Dept. of Health

**CUANDO SU NIÑO TIENE FIEBRE
WHEN YOUR CHILD HAS FEVER**

Available: McNeil Consumer Products
Company

**LA FORMULA DE SU BEBÉ. LA
LACTANCIA DE SU BEBÉ. COMO
BAÑAR AL BEBE. EL NOMBRE DE
SU BEBÉ**

*YOUR BABY'S FORMULA -
BREASTFEEDING YOUR BABY: HOW
TO BATHE YOUR OWN BABY:
NAMING YOUR BABY*

Available: Carnation Company

**LIBRO PARA EL CUIDADO DEL
BEBÉ**

TAKING CARE OF YOUR NEWBORN

Booklet - 8 x 11 inches - 49 pages.

Available: Wyeth Ayerst Laboratories

INFECTIOUS DISEASES

BACTERIAS - LAS CELULAS MAS PEQUENAS

BACTERIA - THE LITTLEST CELLS

Explains bacterial structure, reproductive mode, pathogenicity, and current research; includes a glossary.

Publication Number (NIH) 74-549.

Price: up to 25 copies for nonprofit organizations free.

Available: National Institute of Allergy & Infectious Diseases

HEPATITIS

14985 - 37192

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

LOS VIRUS AL BORDE DE LA VIDA VIRUSES ON THE BORDER OF LIFE

Provides information on certain viruses, causes, and natural defenses; includes a glossary.

Publication Number (NIH) 74-550

Price: up to 25 copies for nonprofit organizations free.

Available: National Institute of Allergy & Infectious Diseases

AUDIOVISUAL AIDS

SALUD...ENFERMEDADES CONTAGIOSAS

HEALTH...COMMUNICABLE DISEASES

16mm, sound, color, 11 minutes.

Explains the dangers of germs and how to combat them to avoid getting sick. Animated germs show how they can cause colds, flu, and other common diseases.

Available: Inter-American Safety Council

SALUD, HIGIENE PERSONAL HEALTH, PERSONAL CLEANLINESS

16mm, sound, color, 11 min.

Illustrates the relationship of cleanliness to health by showing cleanliness procedures followed by astronauts. Discusses ways and reasons to keep clean.

Available: Inter-American Safety Council

HOW DISEASE TRAVELS

16mm, sound, color, 10 minutes.

Uses animation to show how disease microbes are spread by water, flies, and person-to-person contact.

Available: National Audio Visual Center

INSECTS AS CARRIERS OF DISEASE

16mm, sound, color, 9 minutes.

Shows the fly, mosquito, and louse as carriers of dysentery, malaria, and typhus. Illustrates how these insects spread disease and what everybody should do to get rid of them. Animated.

Available: National Audio Visual Center

KEEP CLEAN-STAY WELL

16mm, sound, color, 9 minutes.

Demonstrates how workers can carry out personal cleanliness in camps. Shows relationship between keeping clean and keeping well. Intended to promote discussion of health in camps, and responsibility of each group of workers, growers, etc.

Available: National Audio Visual Center

MEDICAL ASEPSIS

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Though intended for hospital workers, may prove useful with relatives and friends of patients at home. Illustrates and explains what microorganisms are, how they grow and multiply, how they are transported, and how they enter the body. Demonstrates how to control their growth and spread and explains the importance of personal grooming and proper hand washing to minimize the spread of germs.

Available: Medcom/Trainex, Inc.

PROTECTING THE FAMILY MEMBERS FROM GERMS AND INFECTION

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Provides a definition of microorganisms. Discusses the difference between harmless and harmful microorganisms, and the conditions required for the growth of microorganisms.

Available: Medcom/Trainex, Inc.

March, 1989

TICKS AND TICK-BORNE DISEASE

16mm, sound, color, 19 minutes.

Discusses ticks and their importance in transmitting diseases. The biology of ticks and how to control them is considered.

Available: National Audio Visual Center

LEAD POISONING

**PUEDE SER QUE ESTEN
COMIENDO VENENO**

*LEAD POISONING IS A VERY
SERIOUS ILLNESS*

Gives sources of lead poisoning and how to
identify it.

Available: Pennsylvania Department of Health

LEUKEMIA

LEUCEMIA INFANTIL: FOLLETO PARA LOS PADRES

*CHILDHOOD LEUKEMIA:
PAMPHLET FOR PARENTS*

Pamphlet.

Discusses childhood leukemia, its treatment, the child's reaction, hospitalization, and handling the child.

DHEW Publ. No. (NIH) 76-368.

Available: National Cancer Institute

HECHOS SOBRE LEUCEMIA SOCIEDAD DE AMERICA, INC.

*FACTS ABOUT THE LEUKEMIA
SOCIETY OF AMERICA, INC.)*

Explains the disease and the Society's programs to combat it.

Available: Leukemia Society of America

PROGRAMA DE AYUDA PARA PACIENTES

PATIENT-AID PROGRAM

Provides information on financial assistance to leukemia patients.

Available: Leukemia Society of America

LO QUE TODOS DEBEN SABER SOBRE LA LEUCEMIA

*WHAT EVERYONE SHOULD KNOW
ABOUT LEUKEMIA*

Explains what leukemia is, the main types of the disease as well as the lesser-known types, and the forms leukemia takes in the body; describes also symptoms and treatments.

Available: Leukemia Society of America

LICE

ACERCA DE LOS PIOJOS DE LA CABEZA

ABOUT HEAD LICE

High School Reading Level.

Defines head lice, how they live and how they spread. Provides information on symptoms and treatments.

Available: Reed & Carnrick

PREGUNTAS Y RESPUESTAS ACERCA DE LOS PIOJOS DE CABEZA

QUESTIONS AND ANSWERS ABOUT LICE

Available: Reed & Carnrick

INSTRUCCIONES PARA EL CONTROL DE PIOJOS EN SU CASA

INSTRUCTIONS FOR THE CONTROL OF HEAD LICE

Available: Texas Department of Health

LICE

Information Kit.

This kit gives information on control of lice infestations. It outlines individual treatment, home control measures, and school control measures. Instructions for parents are included to be sent home with the child if lice have been found.

Available: Pfizer, Inc.

LO QUE TODO EL MUNDO DEBE SABER ACERCA DE LOS PIOJOS DE CABEZA Y COMO SACARSELOS

LICE

Available: Reed & Carnrick

LOS PIOJOS DE LA CABEZA. (QUE SON Y QUE HACER PARA COMBATIRLOS)

LICE

Available: San Diego County Health Services

¡PIOJOS! (PEDICULOSIS) CONOCELOS, DESCUBRELOS Y ATACALOS

LICE

Available: Concilio de Salud Integral de Loiza

March, 1989

LUPUS ERYTHEMATOSUS

LUPUS ERITEMATOSO

LUPUS ERYTHEMATOSUS

Provides definition, types, causes, symptoms,
diagnosis and frequency of lupus erythematosus

Available: American Lupus Society

MATERNAL & CHILD HEALTH

More than 30 titles are available in Spanish from La Leche League on maternal and child health topics, seven of which are annotated below. A publications list is available free from the League. Bulk ordering information is as follows: 20 percent discount/10-100 copies; 30 percent discount/100-500; 40 percent discount/500+.
Available: La Leche League International

**¿ESTAS PERDIENDO TU LECHE?
ARE YOU LOSING YOUR MILK?**
Available: La Leche League International

**LIBRO PARA EL CUIDDO DEL
BEBÉ**
BABY CARE BOOK
Booklet - 8 x 11 inches - 49 pages.
Available: Wyeth Ayerst Laboratories

**¿PENSANDO EN EL BEBÉ?
¿PIENSE EN DAR EL PECHO?**
BREASTFEEDING
Available: Texas Department of Health

**DAR (EL) PECHO, EL MEJOR
COMIENZO PARA SU BEBÉ**
BREASTFEEDING
Available: Baylor College of Medicine

**LACTANCIA MATERNA. ALGUNAS
PREGUNTAS Y RESPUESTAS**
*BREASTFEEDING: SOME
QUESTIONS AND ANSWERS*
Available: San Diego County Dept. of Health
Services

¿AMAMANTAR Y TRABAJAR?
BREASTFEEDING AND WORKING?
Gives positive views of nursing and working; includes stories of working nursing mothers.
Publication Number 58.
Price: \$1.95 each
Available: La Leche League International

**AMAMANTANDO A SU BEBÉ.
CON LAS MADRES ALREDEDOR
DEL MUNDO**
BREASTFEEDING YOUR BABY
Available: La Leche League International

EL CUIDADO DE LOS PEZONES
CARE OF YOUR NIPPLES
Available: La Leche League International

**CUIDADO DE LA MADRE Y EL
BEBÉ EN EL HOGAR**
*CARE OF MOM AND BABY IN THE
HOME*
Available: Ross Laboratories

**LA OPERACIÓN CESAREA. EL
PARTO Y LA ENTREGA**
CEASARIAN SECTION
Available: American College of Obstetricians
& Gynecologists

**PARA LA MADRE QUE
AMAMANTA A SU BEBÉ**
*FOR THE MOTHER WHO
BREASTFEEDS HER BABY*
Available: Mead Johnson & Company

**COMIDA, EMBARAZO Y EL
BIENESTAR FAMILIAR**
*FOOD, PRENATAL AND FAMILY
COMFORT*
Available: American College of Obstetricians
& Gynecologists

**ALIMENTOS PARA UNA MADRE Y
UN BEBÉ SANO**
*FOODS FOR A HEALTHY MOTHER
AND BABY*
Available: Ross Laboratories

ALIMENTANDOSE BIEN PARA SU NIÑO. NUTRICIÓN DURANTE EL EMBARAZO Y LA LACTANCIA MATERNA

GOOD FOOD FOR YOUR BABY - NUTRITION DURING PREGNANCY AND LACTATION

Available: California Dept. of Health Services

**¡HOLA MAMA!
HELLO MOTHER!**

Available: Krames Communications

COMO DEJAR DE AMAMANTAR. UN MANUAL UTIL SOBRE DESTETE, PARA LA MADRE QUE LACTA A SU BEBÉ

HOW TO BREASTFEED

Available: Mead Johnson & Company

COMO DARLE EL PECHO A SU BEBÉ

HOW TO BREASTFEED

Adult Reading Level.

Explains the advantages of breast feeding, gives advice for breast care and explains how to nurse a baby. Reviews dangers of drug and alcohol for a nursing mother and tells how to offer and take breast away from a nursing baby.

Available: Ross Laboratories

COMO SABER CUANDO SE INICIA EL PARTO. EL PARTO Y LA ENTREGA

HOW TO TELL IF YOU'RE PREGNANT

Available: American College of Obstetricians & Gynecologists

¡HIERRO PARA UN BEBÉ SALUDABLE Y PARA USTED!

IRON FOR BABY'S WELLBEING AND FOR YOU

Available: Texas Department of Health

ALIMENTOS PARA UNA MADRE Y UN BEBÉ SALUDABLES

NUTRITION FOR A HEALTHY MOTHER AND BABY

Available: California Dept. of Health Services

NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. LOS CURATRO PRIMEROS MESES

NUTRITION FOR A HEALTHY AND HAPPY BABY. THE FIRST FOUR MONTHS

Available: City of Houston Dept. of Health

NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE CUATRO A SEIS MESES

NUTRITION FOR A HEALTHY AND HAPPY BABY FROM FOUR TO SIX MONTHS

Available: City of Houston Dept. of Health

NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE SIETE A OCHO MESES

NUTRITION FOR A HEALTHY AND HAPPY BABY. FROM SIX TO EIGHT MONTHS

Available: City of Houston Dept. of Health

NUTRICIÓN PARA UN BEBÉ FELIZ Y SANO. DE NUEVE A DOCE MESES

NUTRITION FOR A HEALTHY AND HAPPY BABY. FROM NINE TO TWELVE MONTHS

Available: City of Houston Dept. of Health

NUTRICIÓN DE SU BEBÉ DURANTE EL PRIMER AÑO DE VIDA

NUTRITION FOR YOUR BABY DURING THE FIRST YEAR OF LIFE

Available: Mead Johnson & Company

**NUTRICIÓN DURANTE EL
EMBARAZO Y LA LACTANCIA
MATERNA. USANDO PILDORAS
DE VITAMINAS, MINERALES Y SAL**
*NUTRITION DURING PREGNANCY
AND LACTATION*

Available: California Dept. of Health Services

**SU PESO Y GANANCIA DE PESO.
NUTRICIÓN DURANTE EL
EMBARAZO Y LA LACTANCIA
MATERNA**
*NUTRITION DURING PREGNANCY
AND LACTATION*

Available: California Dept. of Health Services

**EMBARAZO Y LA VIDA DIARIA
PRENATAL AND DAILY LIVING**
Available: American College of Obstetricians
& Gynecologists

**PROTEJA A SU
NIÑO...ENFERMEDADES DE LA
INFANCIA**
*PROTECTING YOUR CHILD...INFANT
DISEASES*

Available: U. S. Dept. of Health & Human
Services

**RECOBRANDO LA FIGURA
RECOVERING YOUR FIGURE**

Available: Aherst Laboratories

**PECHOS ADOLORIDOS: ¿POR
QUÉ, Y QUÉ HACER?**
*SORE BREAST - WHAT, WHY, WHAT
TO DO?*

Covers treatment and prevention of plugged
ducts and breast infections.

Publication Number 29.

Price: \$.40 each

Available: La Leche League International

**LACTANCIA EXITOSA Y LA
SEXUALIDAD DE LA MUJER**
*SUCCESSFUL LACTATION AND
WOMEN'S SEXUALITY*

Discusses breastfeeding as an aspect of female
sexual identity.

Publication Number 148.

Price: \$.40 each

Available: La Leche League International

**EL LIBRO DEL BEBÉ. UTIL
MANUAL DE INFORMACIÓN
GENERAL**

*THE BABY BOOK - GENERAL
INFORMATION*

Available: Gerber Products Company

**LOS PRIMEROS DOCE MESES.
GUÍA DE ALIMENTACIÓN INFANTIL**
*THE FIRST TWELVE MONTHS.
GUIDE TO INFANT NUTRITION*

Available: California Dept. of Health Services

**EL PRIMER AÑO DE VIDA DE SU
BEBÉ**

THE FIRST YEAR OF LIFE

Available: U. S. Dept. of Health & Human
Services

**EL ARTE FEMENÍO DE
AMAMANTAR**

*THE WOMANLY ART OF
BREASTFEEDING*

Includes first-person stories and photographs
providing help and needed answers to nursing
mothers.

Publication Number 250 (softcover)

Price: \$.795 each

Publication Number 251 (hardcover)

Price: \$12.95 each

Available: La Leche League International

**¿HAY UN BEBÉ NUEVO EN SU
VIDA? ¡EN HORABUENA!**
*THERE'S A NEW BABY IN YOUR LIFE?
CONGRATULATIONS!*

Outlines "how-to" of breastfeeding and working.

Publication Number 58a.

Price: \$.40 each

Available: La Leche League International

**MADRES Y PADRES HAN
PENSANDO EN DARLE EL PECHO
A SU BEBÉ?**

*THINKING OF BREASTFEEDING
YOUR BABY?*

Available: California Dept. of Health Services

**ALGUNAS IDEAS SOBRE EL
DESTETE**

THOUGHTS ABOUT WEANING

Offers reassurance about baby-led weaning.
Publication Number 125.

Price \$.40 each

Available: La Leche League International

**VAMOS A SER PADRES
WE ARE GOING TO BE PARENTS**

Available: Ross Laboratories

**COMO PUEDO SABER CUANDO
MI NINO ESTA ENFERMO?
WHAT SHOULD I DO WHEN MY BABY
IS SICK?**

Available: City of Houston Dept. of Houston

**CUANDO AMAMANTE A SU BEBÉ
WHEN YOU BREASTFEED YOUR
BABY**

Provides basics for the early weeks of
breastfeeding.

Publication Number 124.

Price: \$.50 each

Available: La Leche League International

**CUANDO SU NIÑO TIENE FIEBRE
WHEN YOUR CHILD HAS FEVER**

Available: McNeil Consumer Products
Company

**MIENTRAS SU BEBÉ ESTA EN
CAMINO
WHILE YOUR BABY IS ON THE WAY**

Available: U. S. Dept. of Health &
Human Services

**LA FORMULA DE SU BEBÉ. LA
LACTANCIA DE SU BEBÉ. COMO
BAÑAR AL BEBÉ. EL NOMBRE DE
SU BEBÉ**

*YOUR BABY'S FORMULA -
BREASTFEEDING YOUR BABY: HOW
TO BATHE YOUR OWN BABY:
NAMING YOUR BABY.*

Available: Carnation Company

**SU BEBÉ ILLEGARA PRONTO
YOUR BABY WILL BE HERE SOON**

Available: Ross Laboratories

AUDIOVISUAL AIDS

**LOS ACCIDENTES NO SON
NECESARIOS**

ACCIDENTS DON'T HAVE TO HAPPEN
10 1/2 minutes.

Demonstrates the importance of being habitual-
ly safety-conscious and shows parents how they
can effectively "child-proof their homes and en-
sure child safety.

#8014

Price: \$295.00

Available: Professional Research, Inc.

**LACTANCIA MATERNA
BREASTFEEDING**

18 minutes.

Demonstrates prenatal breast preparation, feed-
ing techniques, and meal scheduling.

#1001

Price: \$295.00

Available: Professional Research, Inc.

**CONSOLANDO AL BEBÉ
MOLESTO
COMFORTING YOUR FUSSY BABY**

11 minutes.

Provides valuable suggestions for distracting the
fussy baby and demonstrates how to distinguish
fussiness from other behaviors which may indi-
cate hunger or illness.

#8011

Price: \$295.00

Available: Professional Research, Inc.

ALIMENTANDO A SU NIÑO

FEEDING YOUR CHILD

13 minutes.

Discusses breast and bottle feeding, meal scheduling, introducing different kinds of foods, and how to plan nutritious meals children will like.

#8013

Price: \$295.00

Available: Professional Research, Inc.

CUIDADO DEL RECIEN NACIDO

NEW BABY CARE

18 minutes.

Assists expectant parents with the skills and equipment needed to care for the newborn.

#1003

Price: \$295.00

Available: Professional Research, Inc.

March, 1989

MEASLES

**INFORMACIÓN IMPORTANTE
ACERCA DEL SARAMPION, LAS
PAPERAS, LA RUBELOLAY SUS
VACUNAS PREVENTIVAS**
*IMPORTANT INFORMATION ABOUT
MEASLES*

Available: U.S. Dept. of Health &
Human Services

**HAGA UNA MEMORIA DEL
SARAMPIÓN, VACUNELOS**
MEASLES

Available: Yakima Valley Farm Workers Clinic

MEDICARE

GUÍA DE SEGURO DE SALUD PARA PERSONAS CON MEDICARE

GUIDE TO HEALTH INSURANCE FOR PEOPLE WITH MEDICARE

Explains basic information on shopping for and types of private health insurance carriers, and what Medicare does and does not pay.

Publication Number (HCFA) 83-02117.

Available: Health Care Financing Administration

USTED Y LA "ASISTENCIA MEDICA A DOMICILIO" BAJO MEDICARE

HOME HEALTH CARE

14050 - 14076 - 2493C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

COMO LIENAR UN FORMULARIO DE RECLAMACIÓN DE MEDICARE

HOW TO FILL OUT A MEDICARE CLAIM FORM

Shows the "Patient's Request for Medicare Payment" form (*Form 1490-S*) used when requesting payment from Medicare and instructions on how to correctly complete the form.

Publication Number (HCFA) 10083.

Available: Health Care Financing Administration

PROTECCIÓN DE MEDICARE DE SERVICIOS DE DIALISIS DEL RINON Y TRANSPLANTE DEL RINON

MEDICARE COVERAGE OF KIDNEY DIALYSIS AND KIDNEY TRANSPLANT SERVICES

Explains the basics of Medicare coverage and treatment, including when coverage begins and ends, where dialysis can be provided, doctors' services, home dialysis information, and transplant.

Publication Number (HCFA) 10913.

Available: Health Care Financing Administration

SU DERECHO A APELAR DECISIONES HECHAS SOBRE RECLAMACIONES DE SEGURO DE HOSPITAL

YOUR RIGHT TO APPEAL DECISIONS ON HOSPITAL INSURANCE CLAIMS

Describes the four appeal steps to be taken by Medicare recipients who disagree with a decision to deny payment for a hospital insurance claim.

Publication Number (HCFA) 10085.

Available: Health Care Financing Administration

SU DERECHO A APELAR SU PAGO DEL SEGURO MEDICO

YOUR RIGHT TO APPEAL YOUR MEDICAL INSURANCE PAYMENT

Describes the steps to be taken by Medicare recipients who disagree with all or part of a medical insurance payment.

Publication Number (HCFA) 10979.

Available: Health Care Financing Administration

SU GUÍA DE MEDICARE *YOUR MEDICARE GUIDE*

Covers services provided by Medicare, how to obtain additional insurance coverage, and lists steps in hospital reimbursement and addresses of State Medicare offices.

Publication Number (HCFA) 10950.

Available: Health Care Financing Administration

March, 1989

MENINGITIS

MANINGITOS

MENINGITIS

Adult Reading Level.

This pamphlet provides information about the meaning of the term "*Meningitis*". It also provides information about the symptoms, treatment and prevention of the illness.

Available: School Health Program

MENOPAUSE

AUDIOVISUAL AIDS

MENOPAUSE

16mm, Super 8mm, video tape, sound, color,
9 1/2 minutes.

Explores the physiological effects of change of
life; benefits and limitations of treatment; and
psychosocial adjustment.

Available: Professional Research, Inc.

MENSTRUATION

**ESPECIALENTE PARA
TÍ...(RESPUESTAS PERSONALES
SOBRE LA MENSTRUACIÓN)**
*ESPECIALLY FOR YOU: ANSWERS TO
YOUR PERSONAL QUESTIONS
ABOUT MENSTRUATION*
Available: Tampax, Inc.

**COMO HABLARLE A SU HIJA DE
LA MENSTRUACIÓN**
*HOW TO TALK WITH YOUR
DAUGHTER ABOUT MENSTRUATION*
Available: Personal Products Company

**EL CICLO MENSTRUAL. MÁS QUÉ
LA MENSTURACIÓN**
*THE MENSTRUAL CYCLE. MORE
THAN MENSTRUATION*
High School Reading Level.
This booklet answers questions about the cycle
before, during, and after menstruation. There is
a brief expalantion of Toxic Shock Syndrome in-
cluded in this booklet.
Available: Personal Products Company

**SU CICLO MENSTRUAL
ADOLESCENTE**
*YOUR ADOLESCENT MENSTRUAL
CYCLE*
Junior High Reading Level.
Written primarily for pre-teen and teenage girls.
Answers questions about the menstrual cycle.
Available: Personal Products Company

AUDIOVISUAL AIDS

MENSTRUATION
Sound, color. Available in 35 mm filmstrip,
slides, video tape, and other formats.
Describes the physiology of menstruation.
Available: Medfact, Inc.

MENTAL HEALTH

UN NIÑO DESVENTAJADO EN SU CASA

A DISADVANTAGED CHILD IN YOUR HOUSE

Available: U. S. Dept. of Health & Human Services

UNA GUÍA DEL CONSUMIDOR PARA LOS SERVICIOS DE SALUD MENTAL

A CONSUMER'S GUIDE TO MENTAL HEALTH SERVICES

Booklet.

Answers frequently asked questions concerning mental health services.

DHEW Publ. No. (ADM) 79-214 (SP).

Available: National Clearinghouse for Mental Health Information

LO QUÉ TODO EL MUNDO DEBE SABER SOBRE LA TENSIÓN

ABOUT STRESS

11627 - 14472 - 2858B

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

¿ES USTED POPULAR?

ARE YOU POPULAR?

Available: City of Houston Department of Health

SOBRE LA SALUD EMOTIVA DE SU NIÑO

CHILD'S EMOTIONAL HEALTH

11791 - 14704 - 2483C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

UNA GUÍA DEL CONSUMIDOR PARA LOS SERVICIOS DE SALUD MENTAL

CONSUMERS' GUIDE TO MENTAL HEALTH SERVICES

Available: U. S. Dept. of Health & Human Services

LO QUÉ TODO EL MUNDO DEBE SABER SOBRE LA DEPRESIÓN

DEPRESSION

12229 - 19711 - 2469D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

APRENDIENDO A FORTALECER NUESTRA PERSONALIDAD

DEVELOPMENT OF GOOD MENTAL HEALTH

Elementary Reading Level.

Available: School Health Program

COMO NOS DESARROLLAMOS EMOCIONAL Y SOCIALMENTE

EMOTIONAL AND SOCIAL DEVELOPMENT

The emotional and social health development in the young adolescent.

Available: School Health Program

REALIDADES SOBRE: LA ADOLESCENCIA

FACTS ABOUT ADOLESCENCE

High School Reading Level.

Topics discussed in question and answer format are: changes which occur during adolescence, needs, duties, problems, drugs, sex, religion and parent role regarding teenagers.

Available: Texas Dept. of Mental Health & Mental Retardation

FACTS ABOUT GROUP THERAPY

Adult Reading Level.

Group therapy is defined. The composition, leadership and purpose of the group is discussed.

Available: Texas Dept. of Mental Health & Mental Retardation

**"CHARLA FRANCA" - COMO
TRATAR AL NIÑO ENOJADO**
*FRANK TALK-HOW TO DEAL WITH
THE ANGRY CHILD*

Fact Sheet.

Suggests methods of dealing with child anger.
DHEW Publ. No. (ADM) 80-781 (SP).

Available: National Clearinghouse for Mental
Health Information

**"CHARLA FRANCA" SOBRE LA
TENSIÓN**

FRANK TALK ABOUT TENSION

Fact Sheet.

Discusses the effects of tension and suggests
ways to deal with it.

DHEW Publ. No. (ADM) 80-502 (SP).

Available: National Clearinghouse for Mental
Health Information

¿SALUD... SALUD?
HEALTH

Available: U. S. Dept. of Health & Human
Service

HOW IS YOUR MENTAL HEALTH

High School Reading Level.

This method defines Mental Health in everyday
language.

Available: Texas Dept. of Mental Health &
Mental Retardation

HOW TO HANDLE PRESSURE

Adult Reading Level.

The content of this pamphlet is a brief outline of
ten ways to cope with pressure.

Price: Single copy - free; Cost per copy - \$.10;
Minimum order - \$1.00

Available: Texas Dept. of Mental Health &
Mental Retardation

**COMO COMPRENDER LA
ANSIEDAD**

HOW TO UNDERSTAND ANXIETY

High School Reading Level.

This booklet describes the symptoms associated
with anxiety as well as information on control-
ling feelings of anxiety.

Available: Parke-Davis

**ACLARANDO NUESTRA IMAGEN
PROPIA**

*IMPORTANCE OF SELF ESTEEM IN
THE DEVELOPMENT OF
PERSONALITY.*

Available: School Health Program

**ES BUENO SABER ACERCA DE LA
SALUD MENTAL**

*IT'S GOOD TO KNOW ABOUT
MENTAL HEALTH*

Pamphlet.

Presents general information on mental health
and illness, and how to treat mental disorders.
(ADM) 78-67 (SP).

Available: National Clearinghouse for Mental
Health Information

**APRENDIENDO ACERCA DE LAS
ENFERMEDADES DEPRESIVAS**
*LEARNING ABOUT DEPRESSIVE
ILLNESSES*

Booklet.

Discusses types of depression and their origins;
dangers and treatments of depressive illnesses.
DHEW Publ. No. (ADM) 78-228 (SP).

Available: National Clearinghouse for Mental
Health Information

**LEARNING ABOUT DEPRESSIVE
ILLNESS**

Adult Reading Level.

The booklet discusses depressive illness, its
signs, types, causes, hereditary and biochemi-
cal factors, the danger of suicide, treatment and
therapy.

Price: Single copy - free; Cost per copy - \$.20;
Minimum order - \$1.00

Available: Texas Dept. of Mental Health &
Mental Retardation

**APRENDIENDO ACERCA DE LAS
ENFERMEDADES DEPRESIVAS**
*LEARNING ABOUT DEPRESSIVE
ILLNESS*

Addresses signs and types of depression, emo-
tional and biochemical causes, laboratory re-
search, and includes information on drug and
electric shock treatments.

Publication Number (ADM) 78-0288

Available: National Institute of Mental Health

**AMOR, SEXO Y CONTROL DE LA
NATALIDAD PARA EL
RETARDADO MENTAL**

**LOVE, SEX, AND BIRTH CONTROL
FOR THE MENTALLY RETARDED**

Booklet.

A guide to parents, gives facts all youngsters need to know, with advice from experts on introducing and discussing various topics.

No. 1551.

Available: Planned Parenthood Federation of America

EL MATRIMONIO

MARRIAGE

Sixth Grade Reading Level.

This booklet discusses the aspects involved in a successful marriage.

Available: California Dept. of Mental Health

MENTAL HEALTH OF CHILDREN

Adult Reading Level.

Among the topics included are the influence of heredity versus environment, the difference between an emotionally disturbed child and one who needs more firm discipline, symptoms of mental illness in children, causes of over-aggressive behavior and how a parent can deal with it.

Price: Single copy - free; Cost per copy - \$.15; Minimum order - \$1.00.

Available: Texas Dept. of Mental Health & Mental Retardation

SOBRE LA SALUD MENTAL

MENTAL HEALTH

11098- 11130 - 2391E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LO QUE TODO EL MUNDO DEBÉ
SABER SOBRE LOS SERVICIOS
DE SALUD MENTAL**

MENTAL HEALTH SERVICES

11742 - 11943 - 2640D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LO QUE TODO EL MUNDO DEBÉ
SABER SOBRE LA SALUD
MENTAL EN LA EDAD AVANZADA**
MENTAL HEALTH/LATER YEARS

12260 - 12997 - 2676E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LO QUE USTED DEBÉ SABER
SOBRE UNA ENFERMEDAD
MENTAL EN LA FAMILIA**
MENTAL ILLNESS/FAMILY

12328 - 11296 - 2386E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

SALUD MENTAL ES 1 2 3

MENTAL HEALTH IS 1 2 3

Describes characteristics of people with good mental health.

Available: Mental Health Association

LOS PADRES

PARENTS

Available: California Dept. of Mental Health

**"CHARLA FRANCA:" COMO
TRATAR AL NIÑO ENOJADO**
**PLAIN TALK ABOUT DEALING WITH
THE ANGRY CHILD**

Discusses how parents can help a child deal with anger and aggression.

Publication Number (ADM) 81-781.

Available up to 25 copies.

Available: National Institute of Mental Health

**"CHARLA FRANCA:" SOBRE LA
TENSIÓN**
**PLAIN TALK ABOUT HANDLING
STRESS**

High School Reading Level.

This is a complete discussion of tension, anxiety, its causes and how to alleviate it.

Discusses three stages of stress, how to recognize symptoms, ways to deal with stress.

Publication Number (ADM) 80-502.

Available up to 25 copies.

Available: National Institute of Mental Health

**¿ESQUIZOFRENIA EXISTE UNA
RESPUESTA?**

*SCHIZOPHRENIA: IS THERE AN
ANSWER?*

Booklet.

Offers general information on the world of the schizophrenic, the causes of schizophrenia, and the ways to treat this mental illness.

DHEW Publ. No. (ADM) 79-74 (SP).

Available: National Clearinghouse for Mental
Health Information

**ESQUIZOFRENIA/¿EXISTE UNA
RESPUESTA?**

*SCHIZOPHRENIA: IS THERE AN
ANSWER?*

This booklet describes and discusses
schizophrenia and its treatment.

Available: National Institute of Mental Health

**LO QUE USTED DEBE SABER
SOBRE EL AMOR PROPIO**

SELF ESTEEM

18457 - 18705 - 2689C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**FAMILIAS CON SOLO UÑO DEL
LOS PADRES**

SINGLE PARENT

Available: U. S. Dept. of Health & Human
Services

**ALGO QUE USTED DEBE SABER
ACERCA DE LAS
ENFERMEDADES MENTALES Y
EMOCIONALES**

*SOME THINGS YOU SHOULD KNOW
ABOUT MENTAL AND EMOTIONAL
ILLNESS*

Leaflet.

Contains facts on psychosis and neuroses.

Available: Mental Health Association

**LA TENSION
STRESS**

Leaflet.

Discusses the helpful and harmful aspects of
stress, ways to control it, and ways to use it for
benefit.

Available: Blue Cross/Blue Shield of
Connecticut

**LA TENSION
STRESS**

Adult Reading Level.

This leaflet defines stress and distress, body
reactions to stress, and getting a handle on
stress and distress. 1980.

Available: Texas Dept. of Mental Health &
Mental Retardation

**SOBRE EL SUICIDIO ENTRE LA
GENTE JOVEN**

TEEN SUICIDE

19612 - 19141 - 2936C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

TENSION

Available: California Dept. of Mental Health

LA FAMILIA

THE FAMILY

Sixth Grade Reading Level.

This booklet offers a discussion of the dynamics
of family life.

Available: California Dept. of Mental Health

LOS ABUELITOS

THE GRANDPARENTS

Available: California Dept. of Mental Health

**EL DESARROLLO DEL NIÑO EN
EL HOGAR**

THE CHILD'S ENVIRONMENT

Available: U. S. Dept. of Health & Human
Services

**LO QUE TODO NIÑO NECESITA
WHAT EVERY CHILD NEEDS**

Leaflet.

Describes the basic emotional needs of children.

Available: Mental Health Association

**¿PUEDEN LOS AMIGOS SER
BUENA MEDICINA?**

*CAN YOUR FRIENDS BE GOOD
MEDICINE?*

Available: California Dept. of Mental Health

AUDIOVISUAL AIDS

EL RESENTIDO

ANGRY BOY

16mm, sound, B/W, 33 minutes.

Tells the story of emotional disturbances engendered by family tensions. After a ten-year-old boy is caught stealing, a psychiatric team traces the boy's disturbance to its source.

Available: International Film Bureau, Inc.

FEELINGS/A SERIES

16mm, animation, sound, color; app. 9 min. each.

A series of six films for ages 5-8, which can be ordered separately. Titles are *"I'm Feeling Alone, I'm Feeling Happy, I'm Feeling Sad, I'm Feeling Scared, I'm Mad at Me and I'm Mad at You."*

Available: Churchill Films

I AM WHAT I KNOW

16mm, sound color, 15 minutes.

Ages 5-8.

Offers encouragement to children in liking themselves..

Available: Churchill Films

I AM HOW I LOOK

16mm, sound, color, 13 1/2 minutes.

Helps children gain a sense of who they are and of their own importance.

Available: Churchill Films

RAICES DE FELICIDAD

ROOTS OF HAPPINESS

16mm film and video - 25 minutes - B/W

The film looks at the nature of family relationships, focusing on the role of the father in building and maintaining a happy family environment. Uses the example of a family in Puerto Rico to show that the warmth and maturity of the parents is what gives the children the security they need to develop their capabilities to the fullest.

Price: 16mm film - \$325; Video - \$250

Rental: \$ 35

Available: International Film Bureau, Inc.

LOS QUE DAN CARINO

THE BRIGHT SIDE

16mm, B/W, sound, 23 minutes.

Depicts a typical family as parents share work and play with the children, handling day-to-day problems in a relaxed and sensible way.

Available: International Film Bureau, Inc.

UNDERSTANDING STRESSES AND STRAINS

16mm, sound, color, 10 minutes.

Shows what excessive worry can do to mind and body, and suggests that using common sense can minimize the normal stresses and strains.

Available: Coronet/MTI Film & Video

MIGRANT HEALTH

QUÉ MADURAS QUIMICAS...QUÉ HACER

CHEMICAL BURNS

Junior High School Reading Level.

Discusses different ways that we can get burns from chemical products and how to treat these burns when they occur.

Available: Yakima Valley Farm Workers Clinic

SEGURIDAD DE LOS TRABAJADORES AGRICOLAS DURANTE EL USO DE

PESTICIDAS OR INSECTICIDAS FARM WORKER'S PESTICIDE SAFETY

Explains dangers to living quarters and treated fields, and offers ways to keep people, pets, and wildlife safe from pesticides.

Available: Environmental Protection Agency

¿ESTA LIBRE DE PELIGROS EL AQUA QUE USTED BEBÉ?

IS YOUR DRINKING WATER SAFE?

Discusses the problems, standards established by EPA, and public notification and regulations of the Safe Drinking Water Act.

Available: Environmental Protection Agency

CONSERVE GUARDE EL AGUA SANA

KEEP WATER SAFE

Sixth Grade Reading Level.

Simple booklet gives advice on how to avoid diseases carried in water.

Available: Sunrise Community Health Center, Inc.

SOBRE EL ENVENENAMIENTO POR PLOMO

LEAD POISONING

18028 - 43075

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

USO SEGURO DE PESTICIDAS PARA LOS TRABAJADORES DEL CAMPO

PESTICIDE SAFETY FOR FARMWORKERS

Junior High Level.

Manual provides basic pesticide information for farmworkers, including pesticide label information, protective clothing, recognizing signs and symptoms of pesticide poisoning and first aid information.

Available: Pesticide Farm Safety Staff

LO QUE USTED DEBE SABER SOBRE LA CONSERVACIÓN DEL OIDO EN EL TRABAJO

WHAT YOU NEED TO KNOW ABOUT HEARING CONSERVATION

13276 - 13441 - 2542C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

WORKING SAFELY WITH PESTICIDES

Booklet.

High School/Adult Reading Level.

This booklet contains information on safety precautions for agricultural workers, what to do if they are exposed to pesticides and agencies to contact.

Available: State of California

TU MUNDO, TU AMBIENTE YOUR WORLD, YOUR HEALTH

Explains to young adults the responsibility of maintaining a clean water, clean air, and noise-free environment in which to live.

Available: Environmental Protection Agency

AUDIOVISUAL AIDS

PICK AND CHOOSE

Three 15-minute programs and a guide.

Adult Level.

This series presents information related to the nutritional needs of migrants. It shows them as they live, shop, cook and eat. The suggestions about nutrition take into account migrant tastes and traditional foods.

Available: **The University of the State of New York**

MULTIPLE SCLEROSIS

ESCLEROSIS MULTIPLE

MULTIPLE SCLEROSIS

Gives an overview of symptoms, course, treatment, and prognosis.

Available: National Multiple Sclerosis Society

LA ESCLEROSIS MULTIPLE: ESPERANZAS PARA SU CURACIÓN

MULTIPLE SCLEROSIS: GROUNDS FOR HOPE

Provides detailed information on the effects of multiple sclerosis, its symptoms, and what it does to the immune and nervous systems; focuses on research and prospects for the future.

Publication Number PA335B.

Single copy - free; additional copies, \$.21 each

Available: National Multiple Sclerosis Society

LO QUE TODO EL MUNDO DEBESABER SOBRE LA ESCLEROSIS MULTIPLE

WHAT EVERYONE SHOULD KNOW ABOUT MULTIPLE SCLEROSIS

Depicts a variety of multiple sclerosis symptoms, their frequency, current research, diagnostic procedures, approved treatments, and support services by the community and the Multiple Sclerosis Society.

Publication Number ECS13.

Single copy - free; additional copies, \$.10 each.

Available: National Multiple Sclerosis Society

MYASTHENIA GRAVIS

CONQUEST. FOLLETO PARA LOS PACIENTES DE MIASTENIA GRAVIS

LEAFLET FOR MYASTHENIA GRAVIS PATIENTS

Leaflet.

Contains information about Myasthenia Gravis
including treatment, patient self-help, and other
factors.

Available: Muscular Dystrophy Association

¿QUIEN SOY?

WHO AM I?

Picture book pamphlet.

Discusses Myasthenia Gravis.

Available: Muscular Dystrophy Association

NUTRITION

UNA GUÍA PARA AYUDAR A LOS HABITOS ALIMENTICIOS DE SU BEBÉ

*A NUTRITION GUIDE FOR YOUR
BABY*

Pamphlet.

Available: San Diego County Department of
Health Services

UNA PLAN DE ALIMENTO PARA SU BEBÉ

A NUTRITION PLAN FOR YOUR BABY

Available: Texas Department of Health

UNA GUIA DE ALIMENTOS PARA SU INFANTE

*A NUTRITION GUIDE FOR YOUR
INFANT*

Available: Texas Department of Health

¿ESTA COMIENDO ALIMENTOS RICOS EN HIERRO DIARIAMENTE?

*ARE YOU EATING FOODS RICH IN
IRON?*

Leaflet.

Available: San Diego County Department of
Health Services

¿ESTA COMIENDO DIARIAMENTE SUFICIENTES ALIMENTOS RICOS EN CALCIO?

*ARE YOU EATING THE RIGHT
AMOUNT OF CALCIUM*

Leaflet.

Available: San Diego County Department of
Health Services

COMO DISFRUTAR UNA DIETA EQUILIBRADA CON UN PRESUPUESTO EQUILIBRADO BALANCED DIET/BALANCED BUDGET

14217 - 19414 - 2768C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

GUÍA PARA COMER BIEN BASIC FOUR FOOD GROUP

Pamphlet.

This pamphlet is very complex listing of the
recommended servings per day for various age
groups. It also lists nutrients and discusses their
function.

Available: Dairy Council

MEJORES MERIENDAS BETTER SNACKS

Available: Concilio de Salud Integral de Loiza,
Inc.

ENTRE COMIDS BETWEEN MEALS

High School Reading Level.

This poster can be folded into envelope form to
send to parents. It offers parents a list of alter-
native snacks which are healthier and have less
sugar than cake, candy, and soda.

Available: Intercultural Development Research
Association

COMIENCE UN DÍA FELIZ...CON UN BUEN DESAYUNO BEGIN A DAY WITH A GOOD BREAKFAST

Available: Concilio de Salud Integral de Loiza,
Inc.

DAR (EL) PECHO - EL MEJOR COMIENZO PARA SU BEBÉ BREAST FEEDING - BABY'S BEST START

This booklet provides some valuable tips for es-
tablishing and maintaining breastfeeding. Be-
cause of the length, it should be used with a
motivated client.

Available: Colorado Department of Health

INSTRUCCIONES PARA AMAMANTAR AL BEBÉ BREAST - FEEDING INSTRUCTIONS

Card.

On one side, gives instructions on breast-feed-
ing, on the other, gives brief instructions on for-
mula preparation.

Available: Carnation Company

CONSTRUYENDO MEJOR SANGRE
BUILDING BLOOD

Junior High School Reading Level.

This folder defines blood, hemoglobin and iron. It lists some signs of iron deficiency anemia and when it is most likely to occur. It lists those foods high in iron as the most important to maintain healthy blood.

Available: Arizona Department of Health Services

FORTALECIENDO SU SANGRE
BUILDING BLOOD

Available: Florida WIC & Nutrition Services

EL CALCIO
CALCIUM

Available: Texas Department of Health

LISTA INTERCAMBIOS DE
COMIDAS MEXICANAS
CALORIE LIST FOR MEXICAN FOODS

Sixth Grade Reading Level.

Provides a list of Mexican foods with corresponding calorie count. Ingredients are itemized. Includes an exchange equivalent for Weight Watcher's diet.

Available: Su Clinica Familiar

¡ESCOJA BOCADOS QUE SEAN
BUENOS PARA USTED!
CHOOSY SNACKS THAT ARE GOOD
FOR YOU

Leaflet.

Available: San Diego County Department of Health Services

¡VENCER LA ANEMIA!
CONQUER ANEMIA

Pamphlet.

High iron foods are listed. Refers to the WIC program and WIC foods in several areas.

Available: Colorado Department of Health

COCINANDO CON SU HIJO
COOKING FOR YOUR CHILD

Available: Intercultural Development Research Association

DIETA SIN AZÚCAR Y BAJA EN
GRASA SATURADA

DIET WITHOUT SUGAR AND LOW IN
SATURATED FAT

Fact Sheet.

Available: American Diabetes Association

COMA BIEN PERO COMA CON
PRUDENCIA PARA REDUCIR EL
RIESGO DE UN ATAQUE
CARDIACO

EAT WELL BUT WISELY TO REDUCE
THE RISK OF HEART ATTACK

Leaflet.

Explains how foods such as chorizos, whole milk, eggs, etc. can raise the cholesterol level and what high cholesterol can do. Recommends eight moderate changes in the daily diet.

Available: American Heart Association

CONSUMA DIARIAMENTE LOS
CUATRO ALIMENTOS BASICOS
EATING FROM THE FOUR BASIC
FOOD GROUPS DAILY

Fourth Grade Reading Level.

The front of the page has pictures of the basic four food groups. The back of the page lists the four food groups and daily requirements for different age groups. Can be used as a poster.

Available: Del Monte Corporation

ALIMENTANDO A SU BEBÉ.
DESDE LOS CUATRO A LOS SIETE
MESES

FEEDING YOUR BABY FROM FOUR
TO SIX MONTHS

Available: Florida WIC & Nutrition Services

ANIME SU BEBÉ CON ALIMENTOS
RICOS EN HIERRO

FEEDING YOUR BABY WITH FOOD
RICH IN IRON

High School Reading Level.

This folder emphasizes the importance of iron in a baby's diet. A list of foods rich in iron is provided.

Available: Texas Department of Health

**CUADERNO DE PINTURA - LA
CORMIDA ES PARA COMER**

FOOD IS FOR EATING

Second Grade Reading Level.

Coloring book.

To be used to teach good nutrition to students
in the early grades.

Available: Migrant Health Service, Inc.

**ALIMENTOS PARA NIÑOS CHICOS
FOODS FOR YOUNG CHILDREN**

Provides information on proteins, fats and car-
bohydrates as well as vitamins.

Available: Dairy Council (Western)

**COMIDA RICA EN HIERRO PARA
SU BEBÉ**

*FOODS RICH IN IRON FOR YOUR
BABY*

Available: San Diego County Department of
Health Services

**ALIMENTOS PARA UNA MADRE Y
UN BEBÉ SANOS**

*FOODS FOR A HEALTHY MOTHER
AND BABY*

Available: Ross Laboratories

**ALIMENTOS PARA NIÑOS 1-5
FOOD FOR CHILDREN 1-5**

Available: Florida WIC & Nutrition Services

**ALIMENTOS PARA NIÑOS CHICOS
FOODS FOR YOUNG CHILDREN**

Pamphlet.

This pamphlet provides the care giver with a list
of foods children like and ways to help a child
develop healthy eating habits.

Available: Colorado Department of Health

**ALIMENTOS PARA NIÑOS
MENORES DE 6 AÑOS**

FOOD FOR CHILDREN UNDER SIX

Adult Reading Level.

Booklet.

This booklet covers the four basic food groups,
portions, utensils for young children, and pre-
meal hygiene.

Available: Dairy Council (Western)

**ALIMENTOS PARA PENSAR Y
COMER**

FOODS FOR THOUGHT AND EATING

Pamphlet.

In a comic book format, presents facts on preg-
nancy with emphasis on diet and nutrition.

Available: National Foundation of March of
Dimes

FOOD AND NUTRIENTS FOR HEALTH

Poster.

Lists the different nutrients necessary for good
health.

USDA Pub. No. (FNS) 97-S.

Available: Publications Office

**TABLA DE ALIMENTOS:
PROGRAMA DE ALIMENTOS
PARA NIÑOS**

*FOOD CHART: CHILD NUTRITION
PROGRAM*

Sample daily food plan for children one to
twelve years of age.

Available: Publications Office

**ALIMENTOS PARA FORMAR UN
BEBÉ SANO**

*FOODS FOR BUILDING A HEALTHY
BABY*

This pamphlet consists of a daily food guide for
pregnant women. On the back there are general
prenatal tips.

Available: Colorado Department of Health

**ENFERMEDADES CAUSADAS POR
ALIMENTOS CONTAMINADOS
FOODBORNE ILLNESS**

Provides recommendations about proper
food preparation, refrigeration of various
types of foods, and describes common food-
borne organisms.

Publication Number (FDA) 80-2044S.

Available: Food & Drug Administration

**FORTALECIENDO SU SANGRE
FORTIFYING YOUR BLOOD**

High School Reading Level.

This folder describes the importance of Iron,
Vitamin C, and folic acid for healthy blood. A
list of food rich in Iron and vitamin C is
provided.

Available: Florida WIC and Nutrition Services
or Nebraska State Health Dept.

**CONSEJOS GENERALES PARA
PACIENTES CON ULCERA**
*GENERAL INSTRUCTIONS ON HOW
TO EAT IF YOU HAVE AN ULCER*

This one page flier lists six dietary tips for an individual with a peptic ulcer. The tips are listed in Spanish at the top of the page with English version below. It is a nice simple handout to use in counseling.

Available: Colorado Department of Health

**PRINCIPIOS DE LA BUENA
NUTRICIÓN**

GOOD NUTRITION

11254 - 14902 - 2525C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**EL LIBRO COLORANTE DE LAS
COMIDAS BUENAS**

GOOD FOODS COLORING BOOK

Coloring book for children.

Teaches children the importance of a balanced, nutritious diet and what such a diet should consist of.

PA-912-S.

Available: Publications Office

**EL BUEN COMER SIGNIFICA
SALUD**

GOOD FOOD FOR YOUR HEALTH

Junior High Reading Level.

Discusses four basic food groups: meats, vegetables, fruits, milk, bread and cereal.

Details what comprises a balanced daily diet and gives sample menus.

Available: Carnation Company

BUENA ALIMENTACIÓN
GOOD FOOD

Junior High School Reading Level.

Describes the relationship between nutrition and health and the various food groups.

Available: Departamento de Salud

**BUENAS ALIMENTOS PARA
COMER**

GOOD FOOD TO EAT

Coloring book.

Second Grade Reading Level.

The large illustrations picture the four basic food groups and give examples of foods in each group.

Available: Nebraska State Health Department

**ADIOS GORDURA. UNA NUEVA
IMAGEN**

GOODBYE FAT. A NEW IMAGE

Available: City of Houston Dept. of Health

**GUÍA PARA COMER BIEN...UN
MODELO DIARIO RECOMENDADO**
GUIDE TO EATING WELL

Junior High Reading Level.

One side explains nutrients for health and gives recommended number of servings of different groups of people. The other side illustrates the different food groups.

Available: Dairy Council (Western)

GUÍA PARA COMER BIEN
GUIDE FOR GOOD EATING

High School Reading Level.

Discusses four food groups and lists foods in each. Provides information on proteins, fats and carbohydrates as well as vitamins

Available: Dairy Council (Western)

**AYUDE A SU BEBÉ A UN
COMIENZO SALUDABLE**
*HELP YOUR BABY TO A HEALTHY
START*

This pamphlet discusses prenatal nutrition. It covers recommended exercises, weight gain, tobacco, and drug use during pregnancy. The pamphlet also has a daily food guide which can be individualized to the patient intake.

Available: Colorado Department of Health

COMIDAS HISPANAS EN DIETAS
HISPANIC FOODS IN DIABETIC DIETS
Booklet.

Gives amounts of meats, vegetables and fruits for reducing your calories and gives special recipes for diabetics.

Available: Visiting Nurse Corporation

**COMO COMPRAR LOS
COMESTIBLES**

HOW TO BUY FOOD

Booklet.

A bilingual teaching aid.

PA976

Available: Publications Office

**COMO ALIMENTAR A SU BEBÉ
DESDE EL DÍA DE SU
NACIMIENTO A LOS TRES MESES
(ALIMENTO DE FORMULA)**

***HOW TO FEED YOUR BABY FROM
BIRTH TO THREE MONTHS***

Pamphlet.

Available: Los Angeles County Health
Department

**COMO ALIMENTAR A SU BEBÉ DE
LOS CUATRO A LOS DOCE
MESES DE EDAD**

***HOW TO FEED YOUR BABY FROM
FOUR TO TWELVE MONTHS OF AGE***

Pamphlet.

Available: Los Angeles County Health
Department

**¿PESA POQUITO SU NIÑO?
*IS YOUR CHILD UNDERWEIGHT?***

Pamphlet.

It discusses ways to increase a child's caloric intake. It provides several dietary and behavioral changes which can be used with children.

Available: Colorado Department of Health

**¡NECESITA USTED HIERRO?
COMALO!**

IRON

Available: Florida WIC & Nutrition Services

IRON: THE HARD-TO-GET NUTRIENT

Junior High School Reading Level.

This folder explains the importance of iron in the diet and lists high iron foods.

Available: Cooperative Extension

**CONOZCA LOS
ENRIQUECEDORES DE LA
SANGRE**

***KNOWING THE ENRICHMENT OF
BLOOD***

Sixth Grade Reading Level.

This folder explains the importance of iron in building strong blood and in the prevention of anemia. A list of foods rich in iron is presented.

Available: Illinois Department of Public Health

***MAKE THIS DAILY COUNTDOWN
FOR GOOD NUTRITION***

Fourth Grade Reading Level.

The front of the page has pictures of the basic four food groups. The back of the page lists the four food groups and daily requirements for different age groups. Can be used as a poster.

F 7841.

Available: Del Monte Corporation

**MADRES Y PADRES - HAN
PENSADO EN DARLE EL PECHO A
SU BEBÉ?**

***MOMS AND DADS - HAVE YOU
THOUGHT ABOUT
BREASTFEEDING?***

This pamphlet provides four reasons supporting breastfeeding. It also answers some common breastfeeding questions. It is a very simple, easy to understand pamphlet.

Available: Colorado Department of Health

**LA NUTRICIÓN Y EL CANCER
*NUTRITION AND CANCER***

This pamphlet provides seven recommendations to decrease an individuals' risk of developing cancer.

Available: American Cancer Society

**NUTRICIÓN Y SU SALUD
*NUTRITION AND HEALTH***

This colorful pamphlet presents dietary guidelines.

Available: United States Consumer
Information Center

NUTRICIÓN

NUTRITION - DESIGN FOR LIFE SERIES

Leaflet.

Outlines a daily food guide to help families get the right amount of nutrients they need for good health.

Available: Blue Cross/Blue Shield of Connecticut

DIETA EN EL EMBARAZO

NUTRITION DURING PREGNANCY

Leaflet.

Available: San Diego County Department of Health Services

NUTRICIÓN Y SU SALUD; UNA GUÍA PARA SU DIETA

NUTRITION AND YOUR HEALTH; DIETARY GUIDELINES FOR AMERICANS

Pamphlet.

Aimed at helping the healthy person stay healthy; explains the benefits of eating a varied diet; avoiding too much fat, sugar, sodium and alcohol; maintaining an ideal weight; and eating enough starch and fiber.

Available: U. S. Department of Health & Human Services

NUTRICIÓN Y SU SALUD

NUTRITION AND YOUR HEALTH

Adult Reading Level.

This booklet provides seven guidelines for good nutrition. This is a very attractive booklet which is easy to read and use.

Available: Publications Office

NUTRICIÓN, CRECIMIENTO Y DESARROLLO DURANTE EL PRIMER AÑO DE SU BEBÉ

NUTRITION, GROWTH AND DEVELOPMENT DURING THE FIRST YEAR

Booklet.

Available: Ross Laboratories

NUTRICIÓN Y SU SALUD. UNA GUÍA PARA SU DIETA

NUTRITION AND YOUR HEALTH. A GUIDE FOR YOUR DIET

Available: U. S. Dept. of Health & Human Services

EXAMENES DE NUTRICIÓN PARA NIÑOS. ALGUNAS SUGERENCIAS PARA LOS PADRES DE FAMILIA

NUTRITION TESTS FOR CHILDREN

Available: U. S. Dept. of Health & Human Services

NUTRICIÓN. VITAMINA C

NUTRITION: VITAMIN C

Fifth Grade Reading Level.

Describes necessity of Vitamin C in our diet. Lists foods that are rich in Vitamin C and tells how to get the most vitamins from foods we eat.

Available: California Dept. of Health Services

NUTRICIÓN. CALCIO

CALCIUM

Fifth Grade Reading Level.

Explains the need for calcium in the proper formation of bones and teeth. Discusses food rich in calcium and gives minimum daily requirements.

Available: California Dept. of Health Services

NUTRICIÓN. ETIQUETAS DE NUTRICIÓN

NUTRITION: SELECTING NUTRITION

Junior High Reading Level.

Suggests reading product labels to assist in improving nutrition and buying better foods by becoming familiar with ingredients contained in products.

Available: California Dept. of Health Services

NUTRICIÓN: VITAMIN A

NUTRITION: VITAMIN A

Adult Reading Level.

This folder offers a concise review of the importance Vitamin A plays in good nutrition. A list of good food sources of Vitamin A is provided, emphasis is placed on the importance of Vitamin A for pregnant and nursing mothers.

Available: California Dept. of Health Services

NUTRICIÓN - HIERRO

NUTRITION - IRON

High School Reading Level.

Explains about the importance of a daily consumption of iron in the daily diet. Provides with a list of foods that contain iron.

Available: California Dept. of Health Services

NUTRICIÓN

NUTRITION

Available: Intercultural Development Research Association

NUTRICIÓN - HIERRO

NUTRITION - IRON: THE HARD-TO-GET NUTRIENT

Adult Reading Level.

This folder explains the importance of iron in the development of hemoglobin. A list of who needs extra iron is provided. Foods rich in iron are mentioned. Infant foods that are rich in iron are listed on the back of the folder.

Available: California Dept. of Health Services

ALIMENTACIÓN DEL NIÑO PREESCOLAR. DE 1 A 5 AÑOS

NUTRITION FOR THE PRESCHOOL CHILD

Available: Concilio de Salud Integral de Loiza, Inc.

LA ALIMENTACIÓN DE TU BEBÉ

NUTRITION FOR YOUR BABY

Available: Concilio de Salud Integral de Loiza, Inc.

NUTRIENTES PARA LA SALUD

NUTRIENTS FOR HEALTH

Gives tips for good eating, including recommended daily food consumptions.

Price: \$.05 each, available in multiples of 25 or more.

Available: National Health Information Clearinghouse

SOLO LO MEJOR PARA SU BEBÉ

ONLY THE BEST FOR YOUR BABY

This pamphlet is an infant feeding calendar. It is attractively designed pamphlet with sound nutrition information.

Available: Colorado Department of Health

COMIDA PARA BEBÉS PREPARADA EN CASA

PREPARING BABY FOOD AT HOME

Available: San Diego County Department of Health Services

LA PROTEINA. ALIMENTO PARA EL CRECIMIENTO

PROTEIN

Available: Texas Department of Health

MEJORE SU DIETA; LEA LA ETIQUETA

READ THE LABEL; SET A BETTER TABLE

Leaflet.

Explains how to read nutrition information on food product labels; the role nutrients play in a balanced diet; and foods rich in the different nutrients.

DHEW Pub. No. (FDA) 76-2049S.

Available: Food & Drug Administration

LOS NIÑOS PEQUEÑOS NECESITAN BUENOS ALIMENTOS

SMALL CHILDREN NEED GOOD FOODS

Available: San Diego County Department of Health Services

ANTOJITOS/MERIENDA

SNACKS

Sixth Grade Reading Level.

This folder provides a list of various healthy snacks which give lasting energy. A list of snacks which are high in iron is also provided.

Available: Texas Department of Health

EL SODIO, PIENSELO BIEN

SODIUM, THINK ABOUT IT

Contains information on sodium, how to reduce it in the diet, how to watch for it in processed foods, and cautions consumers to check food labels.

Publication Number (FDA) OM-3002-84S. S. B

Price: Free - up to 12 copies

Available: Food & Drug Administration

**ALGUNOS HECHOS Y MITOS
ACERCA DE LA VITAMINAS
SOME FACTS AND MYTHS OF
VITAMINS**

Dispels common myths, and provides a chart showing recommended daily dosages.
Publication Number (FDA) 79-2117S.
Price: Free - up to 12 copies
Available: Food & Drug Administration

**EL LIBRO COLORANTE DE LAS -
BUENAS COMIDA
THE COLORING BOOK OF GOOD
FOOD**

Elementary School Reading Level.
This booklet illustrates the four basic food groups and shows examples of each groups.
Available: Ohio State University Cooperative

**LA IMPORTANCIA DEL HIERRO
THE IMPORTANCE OF IRON**

Available: Concilio de Salud Integral de Loiza, Inc.

**LA DIETA DIABETICA
THE DIABETIC DIET**

Booklet.
Discusses diabetic diet calculated in accordance with revised 1976 exchange lists.
Available: American Diabetes Association

**EL PAQUETE DE ALIMENTOS DE
WIC. ¿ QÚE HAY EN ESTE
PAQUETE PARA USTED?**

*THE WIC FOOD PACKET. WHAT IS
THERE IN THIS PACKET FOR YOU?*
Available: Florida WIC & Nutrition Services

**LOS PRIMEROS DOCE MESES
THE FIRST 12 MONTHS**

This pamphlet is an infant feeding guide. It presents the foods which should be introduced in the infants diet at each month. On the back, nine feeding points are presented.
Available: Colorado Department of Health

**SER PRUDINTE CUANDO VA DE
COMPRAS
TIPS FOR SHOPPING**

This pamphlet provides suggestions to saving food dollars. Tips are provided for shopping and preparation.
Available: Colorado Department of Health

**ECONOMICE CON LECHE
DESCREMADA EN POLVO
USING POWDER MILK**

Pamphlet.
Available: San Diego County Department of Health Services

**ES LA VITAMINA C PARA
USTED...DE MI**

VITAMIN C FOR YOU AND ME
Available: Texas Department of Health

**LOS MITOS DE LAS VITAMINAS
VITAMIN MYTHS**

Adult Reading Level.
This is an article about the myths and possible dangers of taking vitamins.
Available: U. S. Dept. of Health & Human Services

**¡LA VITAMINA A ES BUENA PARA
SUS OJOS!**

¡LA VITAMINA C: TOMELA

SIEMPRE TODOS LOS DIAS!

**¡HIERRO: EL CONSTRUCTOR DE
LA SANGRE!**

**¡EL CALCIO ES BUENO PARA SUS
HUESOS Y SUS DIENTES!**

**VITAMIN C, CALCIUM, VITAMIN A
AND IRON**

These are four one page flyers which list foods which are good sources of Vitamin A, Vitamin C, Calcium and Iron. They are simple educational tools which are easy to use in counseling.
Available: General Mills

VITAMINIA A
VITAMIN A

Pamphlet.

Discusses the need for Vitamin A. It lists good food sources of the vitamin, as well as discusses infant need and sources. The pamphlet is written in easy to understand language.

Available: Colorado Department of Health or
Texas Department of Health

VITAMINA C
VITAMIN C

Pamphlet.

Discusses the purpose of dietary Vitamin C. It lists good food sources of the Vitamin, as well as discusses the impact cooking and storing have on the vitamin. It also addresses Vitamin C needs of the infant. It is written in easy to understand language.

Available: Colorado Department of Health

ES LA VITAMINA C PARA USTED
DE MI
VITAMIN C

Sixth Grade Reading Level.

This folder describes the importance of Vitamin C to good health. A list of foods high in Vitamin C along with cooking tips is provided.

Available: Texas Department of Health

CALCIO
CALCIUM

Pamphlet.

Outlines calcium rich foods and explains the dietary need for calcium. It is written in simple terms.

Available: Colorado Department of Health

HIERRO
IRON

Pamphlet.

Discusses the need for iron and lists high iron foods. The last page looks at infant iron needs.

Available: Colorado Department of Health

EL BIENESTAR DE LA FAMILIA
THE GOOD HEALTH OF THE FAMILY

This one page flier has the English version on one side and Spanish version on the other side. The flier lists foods high in sugar, salt and fat. It encourages increasing fruits and vegetables.

Available: Colorado Department of Health

PUEDE SOCORRER A SU NIÑO
GORDITO

YOU CAN HELP YOUR CHUBBY
CHILD

This pamphlet is written in English with the Spanish Translation. It discusses ways to decrease a child's weight. Numerous suggestions for changing eating habits are presented. It is difficult to read.

Available: Colorado Department of Health

BIENVENIDOS A WIC
WELCOME TO WIC

Available: Texas Department of Health

¿QUÉ ES WIC?
WHAT IS WIC?

Available: Tulare County Dept. of Health

¿QUÉ ES MBN (WIC)?
WHAT IS WIC?

Adult Reading Level.

Provides information concerning importance of vitamins and minerals in a child's diet. Shows maximums and minimums for a baby, a young child, a pregnant woman and a nursing mother.

Available: Ross Laboratories

WIC LE AYUDA A USTED Y A SUS
HIJOS

WIC HELP FOR YOU AND YOUR
CHILDREN

High School Reading Level.

This folder provides a concise description of the WIC program as well as offering a list of nutritive elements essential for babies and children. An explanation of how to apply for WIC foods is provided.

Available: Wyeth Ayerst Laboratories

BUENOS AVISOS PARA EVITAR ALERGIAS DE INFANTES

WISE TIPS FOR AVOIDING INFANT ALLERGIES

This pamphlet provides information on infant allergies and suggestions for avoiding food allergies.

Available: Colorado Department of Health

AUDIOVISUAL AIDS

DIET AND THE MANAGEMENT OF INSULIN DEPENDENT DIABETES

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Emphasizes that, while important to everyone's health, a good, well-balanced diet is especially important for the person with diabetes.

Available: Medcom/Trainex, Inc.

DIET AND THE MANAGEMENT OF NON-INSULIN DEPENDENT DIABETES

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Explains the importance of diet and reinforces this point with an explanation of the relationship of non-insulin dependent diabetes to diet.

Available: Medcom/Trainex, Inc.

DIET AND YOUR HEART

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Presents fundamental information about blood, cholesterol, and triglyceride with emphasis on how they can be affected by diet. Explains the importance of fat restriction, carbohydrate restriction, and weight control.

Available: Medfact, Inc.

EAT, DRINK AND BE WARY

16mm, sound, color, 21 min.

Examines our eating habits, nutritional losses in food processing, food additives, and the role of food manufacturers in changing our diets.

Available: Churchill Films

FIRST FOODS

16mm, Super 8mm with Fairchild cassette, 3/4" video cassette, sound, color.

Discusses nutrition for infants during the first year of life. Package includes one leader's guide and twenty wall charts.

Available: Society for Nutrition Education

SABOR Y SALUD

FLAVOR AND HEALTH

A nutrition radio tape series. Materials produced for the series include the series itself: 11 tapes with 10 tapes each containing 5 programs and one promotional tape-a project guide, project planning kit, weekly recipe hand-out and promotional poster.

Available: American Heart Association

FOOD AND GROWTH

16mm, sound, color, 12 min.

Explains how food is digested in the mouth, stomach, and intestine; how it is carried by the circulatory system to the cells, allowing cell division and growth.

Available: Churchill Films

GREAT EXPECTATIONS

16 mm, Super 8mm with Fairchild cassette, 3/4" video cassette, sound color.

Covers the nutritional needs of pregnant and nursing women. Package includes one leader's guide.

Available: Society for Nutrition Education

LA NUTRICIÓN: EL AMBIENTE INTERIOR

NUTRITION: THE INNER ENVIRONMENT

16mm, sound, color, 15 min.

Narrated by Rafer Johnson, Olympic gold medalist, gives a clear view of what a sensible diet is and why.

Available: American Educational Films

MEJORE SU DIETA; LEA LA ETIQUETA

READ THE LABEL; SET A BETTER TABLE

16mm, sound, color, 14 min. Narrated by Dick Van Dyke.

Explains how to read nutrition information on foods product labels, the roll nutrients play in a balanced diet; and foods rich in the different nutrients.

Available: Food & Drug Administration

**LA GRAN MESA DE COMIDA
THE BIG DINNER TABLE**

13 minutes.

Introduces primary age children to the fundamental concepts of nutrition.

#687

Price: \$245.00

Available: Professional Research, Inc.

THE DIET IN DIABETES

Sound, color. Available in 35mm filmstrip, slide, video tape, and other formats.

Discusses the new ADA exchange lists, calories, and all aspects of nutrition as it pertains to the diabetic followed by several examples of the use of exchange lists.

Available: Medfact, Inc.

**THE REAL TALKING, SINGING,
ACTION MOVIE ABOUT NUTRITION**

16mm, sound, color, 14 minutes.

Discusses the impact of food choice on body development, personality, and self-image.

AA 3641.

Available: Paramount Communications

**CONTROL DE PESO
WEIGHT CONTROL**

13 minutes.

Describes the relationship of overweight to specific illnesses including heart disease.

Details basic guidelines for safe and sane weight management.

#2801

Price: \$295.00

Available: Professional Research, Inc.

WEIGHT REDUCTION AND CONTROL

16mm, Super 8mm, video tape, sound, color, 13 minutes.

Basic definitions of obesity, overweight, calories; relationship of obesity to cardiovascular and other chronic illnesses; guidelines for safe and sane wight management.

Available: Professional Research, Inc.

**¿QUÉ ES BUENO PARA COMER?
WHAT'S GOOD TO EAT?**

17 minutes.

Shows how the body uses nutrients from food and how the food groups provide a useful guide for making reasonable choices and tasty combinations.

#691

Price: \$320.00

Available: Professional Research, Inc.

YOU-AND YOUR FOOD

16mm, sound, color, 8 minutes.

Shows the diet needs of many animals and explains the role a balanced diet (meat, cereal, dairy products, fruits, vegetables) plays in helping maintain health.

Available: Coronet/MTI Film & Video

ORGAN DONATION

SOBRE LA DONACION DE

ORGANOS Y TEJIDOS

ORGAN & TISSUE DONATION

14449 - 15933

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

ORTHOPEDICS

AUDIOVISUAL AIDS

CAST CARE

09092-

16mm, Super 8mm, video, sound, color,
17 1/2 minutes.

Presents the application and removal of plaster casts; bathing, walking, adjustment of fit; coping with itching and irritation; and warning signs.

Available: **Professional Research, Inc.**

LOW BACK PAIN

16mm, Super 8mm, video tape, sound, color,
14 minutes.

Discusses the structure and function of the back and spinal cord, back problems and their causes.

Available: **Professional Research, Inc.**

NECK PAIN

16mm, Super 8mm, video tape, sound, color,
18 minutes

Discusses the structure and function of the neck and causes of neck pain; features the importance of rest, traction, neck collars, exercises in preventing future problems..

Available: **Professional Research, Inc.**

TOTAL HIP REPLACEMENT

16mm, Supper 8mm, video tape, sound, color,
16 minutes.

Explains how the new joint works; gives indications and techniques as well.

Available: **Professional Research, Inc.**

PARENTING

UN MANUAL SOBRE LA SEGUIRIDAD DEL NIÑO

A MANUAL ON THE SAFETY OF YOUR CHILD

Pamphlet.

Presents common accidents to children from the newborn baby to the 12- year-old and ways to prevent them; gives advice on safe and unsafe toys, and gives information on emergency care for poisoning.

Available: Gerber Products Company

UN PROGRAMA PARA DESARROLLAR EL POTENCIAL DE LOS NIÑOS

A PROGRAM TO DISCOVER THE POTENTIAL OF YOUR CHILDREN

Available: Texas Department of Health

SOBRE LAS HABILIDADES DE SER MADRE O PADRE

ABOUT PARENTING

16758 - 18168 - 2683D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

CONOCIENDO A SU RECIEN NACIDO

ADVICE ABOUT YOUR NEWBORN

Adult Reading Level.

Explains responsibilities of being a parent.

Tells how a baby cries when he is hungry; when he is uncomfortable, etc., and how he expresses satisfaction with a smile or a look. Details importance of contact between parent and child.

Available: Johnson & Johnson Information Center

EL DESARROLLO DEL NIÑO EN EL HOGAR

CHILD DEVELOPMENT IN THE HOME

Booklet.

Describes some of the guidelines needed by the young child to help him develop self-esteem, ingenuity, responsibility, decision-making and problem solving abilities, etc. Also discusses things such as rewards, toys and chores for the

child.

DHEW Publ. No. (OHD) 30049.

Available: LSDS

LOS PROCESOS DEL DESARROLLO INICIAL

CHILD DEVELOPMENT

Junior High Reading Level.

Describes development stages of babies from birth to two years old. Photographs show typical activities for different stages of development.

Available: Ross Laboratories

LA DISCIPLINA: UNA GUIA PARA LOS PADRES

CHILD DISCIPLINE: GUIDELINES FOR PARENTS

Learning what discipline is and knowing when discipline stops and punishment and abuse begin are essential for good parenting practices. This booklet looks at discipline as a positive experience for children and clarifies the differences among discipline, punishment, and abuse by investigating the purposes and probable results of each.

Price:

1 +	\$2.50	5,000 +	\$.80
6 +	\$2.25	10,000 +	\$.70
11 +	\$1.75	25,000 +	\$.60
26 +	\$1.50	50,000 +	\$.50
100 +	\$1.00	75,000 +	\$.40
1,000 +	\$.90	100,000 +	\$.30

Stock No. 1E-80-202.

Available: National Committee For Prevention of Child Abuse

NIÑOS Y ACCIDENTES EN EL HOGAR

CHILDREN AND ACCIDENTS IN THE HOME

Booklet.

Describes the major causes of accidents and gives a checklist by age groups of accident-causing situations to avoid.

DHEW Publ. No. (OPHD) 30061.

Available: U. S. Government Printing Office

CHILDREN'S FOOT TIPS

Leaflet.

Gives advice on good foot care for the child.

Available: California College of Podiatric
Medicine

**SOBRE LOS NIÑOS CON
NECESIDADES ESPECIALES**

CHILDREN WITH SPECIAL NEEDS

16766 - 15891 - 2703C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**SOBRE LA VIOLENCIA EN EL
HOGAR**

FAMILY VIOLENCE

16741 - 18713 - 2680D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LA GUIA PARA PADRES
GUIDE FOR PARENTS**

An amusing and colorful book on how to cope
with the challenges of raising a child.

Available: New York State Dept. of Social
Services

**COMO AYUDAR A SU NIÑO A
APRENDER**

HELP YOUR CHILD LEARN

18416 - 19315 - 2675C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**EL CUIDADO DE SU BEBÉ
INFANT CARE**

Booklet.

Covers the many aspects of infant care such as
handling, feeding, clothing, and bathing. Also
discusses the infant's development.

DHEW Publ. No. (OHD) 76-30013.

Available: U. S. Government Printing Office

**EL CUIDADO DE SU BEBÉ
INFANT CARE**

Stock No. 017-091-00238-0

Price: \$4.50

Available: Superintendent of Documents

**PROBLEMAS DEL LENGUAJE
LANGUAGE PROBLEMS**

Available: Texas Department of Human
Resources

**SOBRE LOS NIÑOS QUE LLEVAN
LA LLAVE DE LA CASA**

LATCH KEY CHILDREN

16808 - 13946 - 2836D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LIBRO DE MI BEBÉ
MY BABY'S BOOK**

High School Reading Level

Has pictures of babies 4 months to 4 years old
doing things children their ages should be able
to do. If your baby can't do these things it lists a
phone number you should call. The last page
lists ages for check-ups and what should be
done at these check-ups.

Available: Colorado Department of Education

**MI NIÑO NO QUIERE COMER
MY CHILD DOESN'T WANT TO EAT**

Available: San Diego County Department of
Health Services

**NUTRICIÓN DE SU BEBÉ
DURANTE EL PRIMER AÑO DE
VIDA**

NUTRITION FOR YOUR BABY

DURING THE FIRST YEAR OF LIFE

This is a complete guide to feeding a baby
during the first year of life. It stresses that
babies are not small adults and have very spe-
cial needs.

Available: Mead Johnson

**¡AY NO! ¿QUÉ HAGO AHORA?
MENSAJES SOBRE LA
SEXUALIDAD: COMO DAR SUS
MENSAJES A SUS HIJOS**

*OH NO! WHAT DO I DO NOW?
MESSAGES ABOUT SEXUALITY:
HOW TO GIVE YOURS TO YOUR
CHILD*

24 pp.

Offers information to parents on how to talk to children about sexuality in a question and answer format.

Price: \$1.50 each

Available: Siecus

**EL VINCULO ENTRE PADRES E
HIJOS; EL DESARROLLO DE LA
INTIMIDAD**

*PARENT-CHILD BONDING: THE
DEVELOPMENT OF INTIMACY*

Answers questions asked by parents and others about the parent-child bonding process: what it is, when it occurs, factors that hinder it, and ways to encourage the process.

Publication Number ISBN 0-9370-6-27-1.

Price:

\$1.25 each,	1-5 copies
\$1.00 each,	6-10
\$.90 each,	11-25
\$.70 each,	26-99
\$.50 each,	100 +

Available: National Committee For Prevention of Child Abuse

**CHARLA FRANCA: ACERCA DE
NIÑOS CON DIFICULTADES DE
APRENDZAJE**

*PLAIN TALK ABOUT CHILDREN WITH
LEARNING DISABILITIES*

Discusses reasons children have trouble learning, peer behavior, how to help, and sources of assistance.

Available: National Institute of Mental Health

**CHARLA FRANCA: SOBRE LA
CRIANZA DE SUS HIJOS
PLAIN TALK ABOUT CRYING
CHILDREN**

Available: National Institute of Mental Health

**"CHARLA FRANCA"/COMO
TRATAR AL NIO ENOJADO
PLAN TALK/HOW TO TREAT THE
ANGRY CHILD**

This is a complete discussion of what future parents should consider before having children. The topics included are balancing family and marital life, work and responsibilities.

Available: National Institute of Mental Health

**CUIDADO PRENATAL
PRENATAL CARE**

Booklet.

Gives the expectant mother advice on diet and health, clothing and personal hygiene, and discusses common complaints and what to do about them. Discusses delivery, the post-partum period, and the newborn child's needs.

DHEW Publ. No. (OHD) 75-30012.

Available: U. S. Government Printing Office

**PREPARENTHOOD EDUCATIONAL
PROGRAM (PEP)**

A Kit, with components also available separately. Designed primarily for school-age parents, PEP applies equally well to general use in junior and senior high schools, and health clinics. Contains multiple copies of the following titles: *Discussion Guide, Junk Food Blues, Days of Change (prenatal care), Food for Thought ...and Eating, Inside Your Body...Inside Your Head.*

Available: The National Foundation of March of Dimes

**UNA NOTA PARA PADRES DE
NIÑOS EN EDAD PREESCOLAR
PRESCHOOL CHILDREN**

Available: Texas Department of Health

**COMIDA PARA BEBÉS
PREPARADA EN CASA
PREPARING BABY FOOD AT HOME**

Adult Reading Level.

This is an excellent guide of how to prepare homemade baby food. The book gives good instructions on how to prepare and store vegetables, fruits, meats, and eggs.

Available: San Diego County Department of Health Services

LA CRIANZA DE SUS HIJOS
RAISING CHILDREN

Provides useful guidelines and advice on raising children.

Publication Number (ADM) 82-0875

Available: American Speech-Language-Hearing Foundation

FAMILIAS CON SOLO UNO DE
LOS PADRES
SINGLE PARENT FAMILIES

Adult Reading Level.

This is a guide to coping with the problems of being a single parent. It includes case histories and suggestions on how to find help.

Available: National Institute of Dental Research

¿VA A SER UN NUEVO PADRE?
SO YOU'RE GOING TO BE A NEW
FATHER?

Booklet.

Addressed to prospective fathers, offers counsel and suggestions on what to expect, things to do and not to do, and how to support and comfort their wives during this period. Explains physical changes in the mother and the moods and feelings that both the mother and the father often experience.

Available: U. S. Government Printing Office

LOS ADOLESCENTES QUE
TIENEN NIÑO
TEEN PARENTHOOD

16725 - 14936 - 2466C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

EL LIBRO DEL BEBÉ
THE BABY MANUAL

Booklet.

Contains general information on caring for the baby. Covers subjects such as diet for the expectant mother, clothing for the baby, preparing the baby's room, bathing, exercises, feeding and nutrition, development and common symptoms of illness.

Available: Gerber Products Company

LA SEGURIDAD DE SU BEBÉ
THE SAFETY OF YOUR BABY

Adult Reading Level.

Describes activities of a baby divided by months and helps parents to take safety precautions. Contains advice for feeding babies from 6 to 12 months.

Available: Ross Laboratories

LO QUE DEBEN SABER TODOS
LOS PADRES
WHAT EVERY PARENT SHOULD
KNOW

How do you cope with a crying infant, a procrastinating toddler, an indifferent teenager? This booklet provides practical suggestions on how to cope with kids. It explains discipline concepts and techniques and gives a successful method to resolve conflicts so that the rights and needs of both the parent and the child are respected and met. Excellent material for parents, kids, teachers, and parenting courses.

Price:

1 +	\$2.50	5,000 +	\$.80
6 +	\$2.25	10,000 +	\$.70
11 +	\$1.75	25,000 +	\$.60
26 +	\$1.50	50,000 +	\$.50
100 +	\$1.00	75,000 +	\$.40
1,000 +	\$.90	100,000 +	\$.30

Stock No. 1E-78-201.

Available: National Committee For Prevention of Child Abuse

¿POR QUÉ SEGUIR EN LA
ESCUELA?

WHY STAY IN SCHOOL

18473 - 19331 - 2701D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

SUS NIÑOS SON IMPORTANTES
YOUR CHILDREN ARE IMPORTANT

Available: San Diego County Department of Health Services

SU NIÑO ENTRANDO A LA
ESCUELA

YOUR CHILD ENTERING SCHOOL

18408 - 18341 - 2393C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LO QUE USTED DEBERIA SABER
SOBRE COMO DISCIPLINAR A
SUS HIJOS**

YOUR CHILD DEVELOPMENT - 0-3
19877 *4811

YOUR CHILD DEVELOPMENT - 3-6
19885 *4312

YOUR CHILD DEVELOPMENT - 6-9
19893 *4813

YOUR CHILD DEVELOPMENT - 9-12
19901 *4314

Price: varies depending on quantities ordered
Available: Channing L. Bete Company, Inc.

**CAMBIOS Y ELECCIONES -- SUS
HIJOS Y LA SEXUALIDAD**

YOUR CHILDREN'S SEXUALITY

Adult Reading Level.

This booklet discusses the various stages a child goes through as she/he begins to form her/his sexual self. It offers ways a parent may guide her/his child in gathering information and in forming moral values.

Available: National Clearinghouse for Primary Care Information

**LA FORMULA DE SU BEBÉ
YOUR BABY'S FORMULA**

Leaflet.

Offers step-by-step instructions on formula preparation, feeding, bathing the infant, and exercises for the new mother. Also available, Plan de Alimentacin (*Feeding Plans*), a booklet of tear-out daily infant feeding plans.

Available: Carnation Company

AUDIOVISUAL

BOY TO MAN

For Ages 11-13.

16mm, sound color, 14 1/4 minutes.

Uses animation and a conceptual framework to discuss physiological changes at maturation.

Available: Churchill Films

FIRST FOODS

16mm, Super 8mm with cassette, 3/4" video cassette; sound, color.

Discusses nutrition for infants during the first year of life. Package includes one leader's guide and twenty wall charts.

Available: Society for Nutrition Education

GIRL TO WOMEN

Ages 10-12.

16mm, sound, color, 17 minutes.

Outlines the change from girlhood using animation to aid in discussing growth and development.

Available: Churchill Films

INTRODUCTION TO INFANT CARE

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Intended for hospital workers, provides information on feeding, bathing, skin care, safety precautions, taking the rectal temperature, care of diapers, home environment adjustments, and self-care for the mother. Designed to generate self-confidence in the new mother.

Available: Medcom/Trainex, Inc.

**STEPS TOWARD MATURITY AND
HEALTH**

16mm, sound, color, 10 minutes.

Traces the development of life from prebirth through adolescence, and emphasizes that only by accepting responsibility for oneself can harmony be attained.

Available: Coronet/MTI Film & Video

✓ **EL RECIEN NACIDO
THE NEW BABY**

16mm, sound, color, 20 minutes.

Illustrates the correct routine in baby care.

Deals with bathing, feeding, sleeping, clothing, and general comfort of the infant.

Available: National Film Board of Canada

THEN ONE YEAR

Ages 10-13.

16mm, and 8mm, sound, color, 19 minutes.

Deals with the primary and secondary changes at adolescence in boys and girls.

Available: Churchill Films

YOUR NEW BABY

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Discusses all aspects of the care of the newborn infant. Intended for the mother of the first born at the time she leaves the hospital.

Available: Medfact, Inc.

PARKINSON'S DISEASE

**EL MAL DE PARKINSON:
INFORMACIÓN PARA EL
PACIENTE Y SU FAMILIA**
*WHAT YOU AND YOUR FAMILY
SHOULD KNOW ABOUT
PARKINSON'S*

Describes symptoms and treatment, including
proposed diet, and daily exercise program.

Available: National Parkinson Foundation

POISONS

**DANIEL EL TRAVIESO SE
ENFRENTARA AL VENENO**

*DENNIS THE MENACE WILL
ENCOUNTER POISON*

Third Grade Reading Level.

Comic book in which Dennis the Menace shows how poisonous materials are in every part of the house. Dennis tells how to keep them in a safe place out of children's reach.

Available: U. S. Dept. of Health & Human
Services

PROTEJA SU NIÑO

PROTECTING YOUR CHILD

Fourth Grade Reading Level

Discusses toxic substances that are used in the home and how to keep them out of children's reach. Explains the meaning and purpose of *Mr. Yuk*.

Available: Yakima Valley Farm Workers Clinic

PRENATAL CARE

SOBRE EL ULTRASONIDO

ABOUT ULTRASOUND

12583 - 13623 - 2377C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

LA AMENIA

ANEMIA

Available: La Leche League International

¿ESTAS PERDIENDO TU LECHE?

ARE YOU LOSING YOUR MILK?

Available: La Leche League International

TENGA BUEN CUIDADO DE SU BEBÉ ANTES QUE NAZCA

BE GOOD TO YOUR BABY BEFORE IT'S BORN

Adult Reading Level.

Booklet.

Discusses pre and post-natal nutrition, giving food groups and portion size; with illustrations, describes proper care and body changes during pregnancy. Advises pregnant women to see a doctor; describes development of fetus by months, and talks about nutrition and the basic food groups. Also advises pregnant women to consult a doctor before taking any medication. Discusses problems medications can cause in pregnant women.

9-0110.

Available: March of Dimes Birth Defects
Foundation

ANTES Y DESPUES DEL PARTO

BEFORE AND AFTER THE DELIVERY

Practical aspects for new parents.

Available: Mead Johnson

ENTIENDO EL PARTO

BIRTH

Adult Reading Level.

An illustrated book that advises a pregnant women about what to do at the time of birth. Explains what happens at birth, how to stay calm, how to recognize labor pains and how to know if they are premature or legitimate con-

tractions. Advises on when to go to the hospital.

Available: Redgrave Publishing Company

INSTRUCCIONES PARA AMAMANTAR AL BEBÉ

BREAST-FEEDING INSTRUCTIONS

Card. On one side, gives instructions on breast-feeding, on the other, gives brief instructions on formula preparation.

Available: Carnation Company

EL CUIDADO DE LOS PEZONES

CARE OF THE NIPPLES

Available: La Leche League International

SOBRE EL PARTO...UNA GUÍ DE LOS SERVICIOS DE MATERNIDAD DE LOS HOSPITALES

CHILD BIRTH

11817 - 16071 - 2844C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

CONFIDENCIAL - PARA PADRES DE FAMILIA Y FUTUROS PADRES DE FAMILIA

CONFIDENTIAL - FOR FATHERS AND FUTURE FATHERS

High School Reading Level.

This short handout stresses the importance of taking care of mother and child before delivery. Importance is placed on the role the father plays during his wife's pregnancy.

Available: March of Dimes Birth Defects
Foundation

PLAN DE ALIMENTACIÓN DURANTE EL EMBARAZO

DIET DURING PREGNANCY

Available: General Mills, Inc.

COMIENDO PARA DOS. SALUD PARA USTED Y SU BEBÉ

EATING FOR TWO. HEALTH FOR YOU AND YOUR BABY

Available: Texas Department of Health

**DATOS SOBRE DEFECTOS
NATALES**

FACTS ABOUT BIRTH DEFECTS

Answers questions most often asked, and gives a checklist with 14 questions.

Price: up to 10 copies - free.

Available: San Diego Regional Center For The Developmentally Disabled

**DATOS SOBRE DIAGNOSIS
PRENATAL**

**FACTS ABOUT PRENATAL
DIAGNOSIS**

Provides questions and answers concerning prenatal tests and diagnoses, such as amniocentesis and sonogram, and what these tests reveal; includes a glossary.

Price: up to 10 copies - free.

Available: San Diego Regional Center For The Developmentally Disabled

**DATOS SOBRE LA NUTRICIÓN
PRENATAL**

FACTS ABOUT PRENATAL NUTRITION

Discusses the effects of good nutrition during pregnancy and how this affects the baby; includes a chart of daily nutritional needs.

Price: up to 10 copies - free.

Available: San Diego Regional Center For The Developmentally Disabled

**DATOS SOBRE LA RUBEOLA
FACTS ABOUT RUBELLA**

Supplies information in a question-and-answer format about rubella during pregnancy.

Price: up to 10 copies - free.

Available: San Diego Regional Center For The Developmentally Disabled

**ALIMENTOS PARA USTED Y SU
BEBÉ ANTES DE NACER**

**FOODS FOR YOU AND YOUR BABY
BEFORE BIRTH**

Adult Reading Level

This is an excellent folder which can also be used for a small poster. It answers questions such as how much weight should a pregnant woman gain, what types of foods a pregnant woman should eat (and what quantity), and which habits they should avoid (smoking, etc.).

The back of the folder shows pictures of the four food groups with an explanation of how

many portions of each a pregnant woman should eat.

Available: Division of Health Services

**ALIMENTOS PARA PENSAR Y
COMER**

FOODS FOR THINKING AND EATING

Pamphlet.

In comic book format presents facts on pregnancy with emphasis on diet and nutrition.

Available: March of Dimes Birth Defects Foundation

**EL LIBRO DEL BEBÉ
UTIL MANUAL DE INFORMACIÓN
GENERAL BABY BOOK**

Adult Reading Level.

This booklet is designed to give new mothers and fathers some of the basics of prenatal preparation and baby care during the early months after the baby's birth. The concepts are in keeping with modern practice in baby care, based largely upon the recommendations of doctors, nurses and nutritionists. It also includes answers to many questions most frequently asked by mothers.

Available: Gerber Products Company

**ASÍ QUE ÉSTA ESPERANDO UN
BEBÉ**

GOING TO HAVE A BABY

11288 - 16048 - 2637D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**COMO TENER UN EMBARAZO
SALUDABLE**

HEALTHY PREGNANCY

12310 - 14589 - 2440C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**COMO DARLE EL PECHO A SU
BEBÉ**

HOW TO BREAST FEED YOUR BABY

Available: Ross Laboratories

YO CUIDO MI BEBÉ DESDE AHORA

I CARE FOR MY BABY ALREADY

Junior High Reading Level.

These booklets give orientation to future mothers in relation to nutrition family relations, personal appearance and development stages of the expected baby.

Available: Servicios Prenatales

INFORMACIÓN PARA PACIENTES EMBARAZADAS

INFORMATION FOR PREGNANT WOMEN

Adult Reading Level.

Describes the female organs, how a fetus is formed and how to perform a breast self-examination. Discusses sexual relations during pregnancy, natural child birth and other concerns for pregnant women. Examines advantages of breast feeding.

Available: Clinica Sierra Vista

DATOS SOBRE EL DIAGNOSTICO PRENATAL

INFORMATION ON PRENATAL DIAGNOSIS

Adult Reading Level.

Provides questions and answers concerning prenatal diagnosis. Describes amniocentesis, sonograms and possible reasons for termination of pregnancy. Glossary of terms.

Available: Seccion de Enfermedades Geneticas

LA MARIHUANA Y EL EMBARAZO MARIJUANA AND PREGNANCY

Available: Concilio de Salud Integral de Loiza, Inc.

**NOMBRES PARA NIÑOS Y NIÑAS
*NAMES FOR BOYS AND GIRLS***

**LA NUTRICIÓN...ES UNO DE LOS FACTORES MAS IMPORTANTES EN EL CUIDADO PRENATAL
*NUTRITION IN PRENATAL CARE***

Available: Concilio de Salud Integral de Loiza, Inc.

**ALIMENTO PARA LA ADOLESCENTE EMBARAZADA
*NUTRITION FOR THE PREGNANT ADOLESCENT***

Available: Texas Department of Health

¡ASÍ QUE USTED PIENSA QUE VA A TENER UN BEBÉ!

PREGNANCY SYMPTOMS

Sixth Grade Reading Level.

Describes some symptoms that a pregnant woman should report to her doctor.

Available: Ross Laboratories

**¿EMBARAZADA? ANTES DE DARSE UN TRAGO, PIENSE...
*PREGNANT? THINK BEFORE YOU DRINK***

Advises pregnant women about the consequences of alcohol during the prenatal period.

Available: March of Dimes Birth Defects Foundation

**CUIDADO PRENATAL
*PRENATAL CARE***

Stock No. 017-091-00209-6

Price: \$4.50

Available: Superintendent of Documents

**PREVENCIÓN DE DEFECTOS CONGENITOS CAUSADOS POR RUBEOLA (SARAMPION ALEMAN)
*PREVENTION OF CONGENITAL DEFECTS CAUSED BY RUBELLA***

Provides information on damage caused by measles, and points out misconceptions of smallpox as synonymous with rubella; advises immunization for children as well as prenatal testing.

Available: March of Dimes Birth Defects Foundation

**PREVENCIÓN DE DEFECTOS CONGENITOS CAUSADOS POR RUBEOLA
*PREVENTING BIRTH DEFECTS CAUSED BY RUBELLA***

Leaflet.

Discusses the dangers and prevention of rubella

(German Measles).

9-0138.

Available: March of Dimes Birth Defects Foundation

**PREGUNTAS Y RESPUESTAS
SOBRE SINDROME DE DOWN**
*QUESTIONS AND ANSWERS ABOUT
DOWN SYNDROME*

Addresses prenatal diagnosis, genetic factors, and impact on the parents of a child with Down syndrome.

Available: March of Dimes Birth Defects Foundation

ALGO MARAVILLOSO PARA DOS
*SOMETHING MARVELOUS FOR
BOTH OF YOU*

High School Reading Level.

This "novela" is written in dialogue form. It involves the story of a young couple who are going to have their second baby. This booklet would be very attractive for high school students and young adults who are thinking about having children.

Available: Parent Education Project

TIEMPO DEL VIAJE 9 MESES
THE NINE MONTH TRIP

Available: March of Dimes Birth Defects Foundation

**LOS (9) NUEVE MESES MÁS
IMPORTANTES EN LA VIDA**
*THE MOST IMPORTANT NINE
MONTHS IN LIFE*

Leaflet.

Contains advice for the pregnant woman on what she should and should not do.

Available: United Cerebral Palsy Association

**EL ARTE FEMININO DE
AMAMANTAR**
*THE WOMANLY ART OF
BREASTFEEDING*

Handbook.

Covers a broad range of subjects such as how often and long to nurse, how to manage older children and criticism from friends and relatives, problems such as sore nipples, and emphasizes the benefits to the child and the

mother from breast-feeding..

Available: La Leche League International

LA MONILIASIS
THRUSH

Available: La Leche League International

**¡CUANDO USTED BEBE, SU BEBÉ
POR NACER BEBE TAMBIÉN!**
*WHEN YOU DRINK, YOUR UNBORN
BABY DOES TOO!*

Leaflet.

Explains fetal alcohol syndrome and the damaging effects of drinking on the unborn child.

9-0172

Available: March of Dimes Birth Defects Foundation

**CUANDO LA VIDA DEL BEBÉ ESTA
TAN LIGADA A LA SUYA PROPIA**
*WHEN THE BABY'S LIFE IS SO MUCH
YOUR OWN*

Publication No. (FDA) 80-1057S

Available: Food & Drug Administration

**CUANDO TIENE NAUSEA Y
VOMITOS DURANTE SU
EMBARAZO**

*WHEN YOU HAVE MORNING
SICKNESS OR NAUSEA*

This pamphlet is directed toward pregnant women who are suffering from morning sickness. It provides helpful tips which can be followed throughout the day.

Available: Colorado Department of Health

**POR QUÉ SU NIÑO ES
EXAMINADO POR PKU**
*WHY YOUR BABY IS EXAMINED FOR
PKU*

Available: Colorado Department of Health

**¿POR QUÉ AMAMANTAR A SU
BEBÉ?**
WHY NURSE YOUR BABY?

Leaflet.

Describes the reasons for breast-feeding the infant.

Available: La Leche League International

LAS RADIOGRAFÍAS EQUIS Y EL EMBARAZO

X-RAYS AND PREGNANCY

Poster

Publication No. (FDA) 1045S

Available: Food & Drug Administration

SU CUIDADO PRENATAL NIÑOS SANOS TRAEN UN FUTURO ORGULLOSO TENER CUIDADO DURANTE SU EMBARAZO

YOUR PRENATAL CARE

Available: Centro de Salud Familiar, LA FE

VAMOS A SER PADRES

YOU ARE GOING TO BE PARENTS

High School Reading Level.

Provides information for expectant parents to prepare them for the arrival of the baby. Advises them on how to deal with a newborn. Discusses characteristics and medical considerations for the newborn.

Available: Ross Laboratories

AUDIOVISUAL AIDS

ANTES DE QUE NAZCA SU BEBÉ BEFORE THE BIRTH OF YOUR BABY

Available: Wyeth Ayerst Laboratories

BREAST-FEEDING

Sound, color. Available in 35mm filmstrip, slides, video tape and other formats.

Gives a comprehensive discussion of all aspects of breast-feeding with do's and don'ts.

Available: Medfact, Inc.

DIETA EN EL EMBARAZO

DIET DURING PREGNANCY

Available: San Diego County Department of Health Services

INFANT CARE-BREAST FEEDING

Sound, color. Available in 35 mm filmstrip, slides, video tape and other formats.

Shows how to position infant for feeding and how to help the infant find the breast. Discusses importance of using alternate breasts, and ex-

plains how to relax.

Available: Medcom/Trainex, Inc.

POSTPARTUM

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Features the new mother's need for rest, proper diet, adequate amounts of fluids and moderate exercise following the delivery of her baby.

Covers common problems such as urinating difficulty, constipation, and "after-pains." Explains breast care for both nursing and non-nursing mothers.

Available: Medcom/Trainex, Inc.

PRENATAL MANAGEMENT

16mm, Super 8mm, video tape, sound, color, 7 1/2 minutes.

Gives instructions for adapting to the prenatal period, hygiene, coping with minor discomforts, and warning signals.

Available: Professional Research, Inc.

THE FIRST TRIMESTER-NINE MONTHS TO MOTHERHOOD

Sound, color. Available in 35mm filmstrip, slides, video tape and other formats.

Explains physical changes of the mother and development of the baby during the first three months of pregnancy. Covers the essentials of good prenatal health, warning signs of possible complications, the effects of smoking and drinking on the unborn child, and the expectant mother's first visit to the doctor.

Available: Medcom/Trainex, Inc.

THE SECOND TRIMESTER-SIX MONTHS TO MOTHERHOOD

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Reviews the first three months of pregnancy,, then examines the baby's development during the second three months, including the first movements felt by the mother, beginning about five calendar months before the expected birth date.

Available: Medcom/Trainex, Inc.

ERES LO QUE COMES

YOU ARE WHAT YOU EAT

A video novela about pregnancy and nutrition. VHS, BETA. Price: \$190

Available: Novela Health Foundation

March, 1989

PROVIDER INFORMATION

¿QUÉ PASO?

An English-Spanish Guide for Medical

Personnel

Available: University of New Mexico Press

RABIES

LA RABIA

RABIES

Available: Texas Department of Health

RAPE

*RESOURCES FOR MATERIALS IN
SPANISH CONCERNING SEXUAL
VIOLENCE AGAINST WOMEN AND
CHILDREN*

Lists pamphlets on sexual assault and rape that are distributed by other local and national organizations.

Available: National Center for the Prevention
& Control of Rape

**PODRIAS SER TU
IT COULD BE YOU**

Elementary School Reading Level.

Describes rape and offers suggestions for prevention.

Available: Departamento de Salud

REYE'S SYNDROME

BECAUSE YOU NEED TO KNOW

Provides information on Reye syndrome.

Price: \$.08 each

Available: National Reye's Syndrome
Foundation

EL SÍNDROME DE REYE

REYE SYNDROME

Available: Food & Drug Administration

ROCKY MOUNTAIN FEVER

LA FIEBRE DE LAS MOÑTANAS ROCOSAS

ROCKY MOUNTAIN FEVER

Adult Reading Level.

Discusses signs and symptoms of Rocky Mountain Fever, an illness transmitted by a tick and present only in the Rocky Mountain area. Discusses preventive measures and how to remove a tick that has lodged in the skin.

Available: N.C. Department of Human Services

SAFETY & FIRST AID

SUGERENCIAS DE PRIMERAS AUXILIOS

A GUIDE FOR FIRST AID

Sixth Grade Reading Level.

This hand-out describes why accidents happen. It provides a list for writing down emergency numbers to keep near the phone.

Available: U. S. Consumer Product Safety Commission

UNA GUÍA PARA AYUDARLE A CURAR LAS HERIDAS Y COMO PREVENIR ACCIDENTES DE NIÑOS EN SU CASA

A GUIDE TO HELP VICTIMS AND HOW TO PREVENT ACCIDENTS OF CHILDREN IN YOUR HOME

Available: North County Health Services

GUÍA PARA PREVENIR ENVENENAMIENTO

A GUIDE TO PREVENT POISONING

Four-section flyer that discusses poison-prevention techniques, suggestions to poison-proof the home, identification of poisonous plants, and a "What-to-do" list if poisoning occurs. Good information.

Available: Rocky Mountain Poison Center

A HANDBOOK OF CHILD SAFETY

Adult Reading Level

This booklet points out some of the hazards that every child is likely to encounter at different ages. There is a chart entitled tips on toys, which lists safe and non-safe toys according to the child's age. There is also a section on preventing poisoning.

54-31 Rev. 677 1977

Available: Gerber Products Company

UN MANUAL SOBRE LA SEGURIDAD DEL NIÑO

A MANUAL ON CHILD SAFETY

Available: Gerber Products Company

ACERA DE LOS SERVICIOS DE EMERGENCIA

ABOUT EMERGENCY SERVICES

11205 - 12138 - 2564C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

SOBRE LA SEGURIDAD AL SALIR DE LA ESCUELA

AFTER SCHOOL SAFETY CB

54254 - 54536 - 2796C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

ARE YOU DOING ALL YOU CAN TO HELP PARENTS PROTECT THEIR CHILDREN FROM THE NUMBER ONE KILLER?

Adult Reading Level.

This folder contains an order form for obtaining prepared lessons on the importance of using seatbelts.

Available: Parent Education Project

RESPIRACIÓN ARTIFICIAL. (RESPIRACIÓN BOCA A BOCA) ARTIFICIAL RESPIRATION

Available: Yakima Valley Farm Workers Clinic

GUÍA PARA LA NANA COMO MANTENER A LOS NIÑOS PROTEGIDOS

BABYSITTER'S GUIDE TO KEEPING KIDS SAFE

10165 - 13607 - 2602D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

"MÁS VALE PREVENIR...QUÉ LAMENTAR". DE NACIMIENTO A SEIS MESES

BETTER TO PREVENT...THAN LAMENT. FROM BIRTH TO SIX MONTHS

Available: North County Health Services

"MÁS VALE PREVENIR...QUÉ LAMENTAR". DE SIETE A DOCE MESES

BETTER TO PREVENT...THAN LAMENT. FROM SEVEN TO TWELVE MONTHS

Available: North County Health Services

"MÁS VALE PREVENIR...QUÉ LAMENTAR". DE UNO A DOS AÑOS

BETTER TO PREVENT...THAN LAMENT. FROM ONE TO TWO YEARS

Available: North County Health Services

"MÁS VALE PREVENIR...QUE LAMENTAR". DE LOS DOS A CUATRO AÑOS.

BETTER TO PREVENT...THAN LAMENT. FROM TWO TO FOUR YEARS

Available: North County Health Services

QUEMADURAS QUIMICAS...QUÉ HACER...

BURNS - WHAT TO DO

Available: Yakima Valley Farm Workers Clinic

LO QUÉ TODO EL MUNDO DEBE SABER SOBRE LA SEGURIDAD INFANTIL

CHILD SAFETY

10165 - 13607 - 2602D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**CONTROL DE HEMORRAGIAS
CONTROL OF HEMORRHAGES**

Poster.

The Inter-American Safety Council has a wide selection of posters dealing with occupational safety and health, home accidents, and first aid.

Available: Inter-American Safety Council

COOLER FLYER

One page flyer advocating use of a cooler rather than drinking out of the irrigation ditches or keeping drinks cool in irrigation water.

Available: Sunrise Community Health Center

QUERIDO PAPA Y MAMA, EL ENVENENAMIENTO CON PLOMO ES UNA ENFERMEDAD MUY PELIGROSA

DEAR MOM AND DAD - LEAD POISONING IS A DANGEROUS DISEASE

Leaflet.

Gives symptoms of lead poisoning in children and explains the dangers of lead-based paints. 98-734.

Available: National Paint & Coatings Association, Inc. or Center for Disease Control

DANIEL EL TRAVIESO SE ENFRENTA AL VENENO

DENNIS THE MENACE TAKES A POKE AT POISON

Provides safety tips, in comic book form, for children.

81-7005S.

Price: up to 12 copies - free.

Available: Food & Drug Administration

**EVITE LA LESION MUSCULAR
DON'T STRAIN YOURSELF**

Pamphlet.

Deals with three main ways to protect yourself against muscle strains: keep physically fit; warm up before strenuous work, and treat muscles and ligaments with respect

Available: Inter-American Safety Council

LO QUÉ TODO EL MUNDO DEBE SABER SOBRE PROTECCIÓN CONTRA LA ELECTRICIDAD

ELECTRIC SAFETY RE-DO

13706 - 13573 - 2689C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**TRABAJADOR RURAL
FARM WORKER**

Miniguide.

Explains the basic safety for farm workers and the most frequent hazards of their daily work and how to avoid them.

Available: Inter-American Safety Council

¡INCENDIO! ¿QUÉ HARÍA USTED?
FIRE

10025 - 13516 - 2548C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

¿HAY TRAMPAS DE INCENDIO EN SU HOGAR?

FIRE TRAPS

10058 - 13771 - 2419D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

SOBRE LOS PLANES DE ESCAPE DE INCENDIOS

FIRE ESCAPE PLANS

13367 - 13599 - 2827D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

PROTECCIÓN CONTRA INCENDIOS - UN LIBRO DE ACTIVIDADES PARA COLOREAR

FIRE SAFETY

Coloring book.

CB54130 - 54833 - 2519D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

PRIMEROS AUXILIOS

FIRST AID

Miniguide.

Covers artificial respiration, bleeding, shock, poisoning, open wounds, snake bites, burns, sprains and transporting the injured.

Available: Inter-American Safety Council

PRIMEROS AUXILLOS EN CASOS DE ASFIXIA

FIRST AID FOR ASPHYXIA

Wall Chart.

Shows proper emergency action to be followed for a conscious and unconscious choking victim.

Available: American Heart Association

PRIMERA AYUDA PARA EMERGENCIAS DE OJOS

FIRST AID FOR EYE EMERGENCIES

Flyer.

Offers instruction on first aid for eye emergencies such as blows, wounds, and burns.

Available: Sociedad Puertorriqueña Para la Prevención de la Cequero, Inc.

PARA EL CUIDADO DE LOS NIÑOS FOR THE CARE OF YOUR CHILDREN

Adult Reading Level.

This folder offers a brief guide to toy safety which includes buying, maintaining, and storing toys.

Available: U. S. Consumer Product Safety Commission

PARA EL CUIDADO DE LOS NIÑOS FOR THE SAFETY OF YOUR CHILDREN

Available: U. S. Consumer Product Safety Commission

LO QUE USTED DEBE SABER SOBRE COMUNICACIONES ACERA DE RIESGOS

HAZARD COMMUNICATION

13458 - 13755 - 2881B

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

MANEJELA CON CUIDADO (ARMAS)

HANDLE IT WITH CARE

Adult Reading Level.

This is a concise guide to firearm safety.

Available: Yakima Valley Farm Workers Clinic

¡HOLA! YO SOY DETECTIVE DEL HOGAR

HELLO! I'M A HOME DETECTIVE

Pamphlet.

Describes home accidents, their causes, and how to prevent them.

Available: Inter-American Safety Council

COMO PROTEGER A LOS NIÑOS PEQUEÑOS CONTRA ACCIDENTES

HOW TO PROTECT SMALL

CHILDREN AGAINST ACCIDENTS

Booklet.

High School Reading Level.

Describes how to avoid a hazardous environment for the child. It discusses how to avoid falls, suffocation, swallowing of foreign objects,

car accidents, burns, etc. Lists what objects should be out of children's reach. Tells what to do in case of accident.

Available: Proctor & Gamble Company

**COMO TRATAR EL ATAQUE
NERVIOSO**

HOW TO TREAT A NERVOUS ATTACK

Available: Yakima Valley Farm Workers Clinic

**SI UNA PERSONA SE ESTA
AHOGANDO...**

IF A PERSON IS ABUSING YOU

Available: Yakima Valley Farm Workers Clinic

**SI USTED TIENE UN ACCIDENTE
IF YOU HAVE AN ACCIDENT**

Available: Yakima Valley Farm Workers Clinic

**INSPECCIÓN DE CASA PARA LA
PROTECCIÓN DE SU NIÑO
INSPECTION OF YOUR HOUSE TO
PROTECT YOUR CHILD**

Adult Reading Level.

This handout provides parents with a quick way to make a home inspection for safety.

Available: Intercultural Development Research Association

**NO DEJE AL ALCANCE DE SUS
NIÑOS NINGUN PRODUCTO
VENENOSO**

*KEEP POISONS FROM THE REACH
OF YOUR CHILDREN*

Fifth Grade Reading Level.

Contains advice for preventing accidental poisoning. Shows parents how to store poisonous products out of reach of children.

Available: Environmental Protection Agency

**GUARDE EL AGUA SANA
KEEP WATER SAFE**

Discussion of assuring that water is not contaminated. Illustrations describe such steps as obtaining fresh water, boiling water, preparing formula, washing clothes, etc.

Available: Sunrise Community Health Center

**SOBRE LA SEGURIDAD EN LA
COCINA**

KITCHEN SAFETY

13383 - 13664 - 2844C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**ENVENENAMIENTO DE PLOMO:
LOS DATOS**

LEAD POISONING

Available: Illinois Department of Public Health

**HOGAR SEGURO HOGAR PARA
SU "EXPLORADOR"**

LOOKING AT SAFE PLAY

Adult Reading Level.

This colorful little folder depicts children as explorers and tells you how you can protect your child from burns, drownings, bumps, cuts and falls. It illustrates things to keep out of your child's reach such as plants, medicines, cleaning products, pest killers, sharp objects, etc. The folder would be colorful to place in a home as a reminder.

Available: The Soap & Detergent Association

**LO QUÉ TODO EL MUNDO DEBE
SABER SOBRE MEDIDAS DE
SEGURIDAD PARA EL GAS
NATURAL**

NATURAL GAS SAFETY

10272 - 13466 - 2483C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**QUÉ HACER EN CASO DE
EMERGENCIAU
EMERGENCY**

Custom - 90928

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**TE VAN A OPERAR
OPERATION**

Coloring book.

CB54304 - 56010 - 2830C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**PADRES DE FAMILIA: ESTAN LAS
PAREDES DE SU CASA
ENVENENANDO A SUS NIÑOS?
PARENTS: ARE YOUR WALLS
POISONING YOUR CHILDREN?**

Pamphlet.

Explains how lead poisoning can happen, and
how to prevent it in the home.

J4917.

Available: Center For Disease Control

**SOBRE INSECTICIDAS
PESTICIDE SAFETY TIPS**

Available: U. S. Environmental Protection
Agency

**USO SEGURO DE INSECTICIDAS
PARA MEZCLADORES,
CARGADORES Y APLICADORES
NO CERTIFICADOS
PESTICIDE SAFETY FOR
NON-CERTIFIED MIXERS, LOADERS
AND APPLICATORS**

31-page guidebook directed toward chemical
safety. Very technical!

Available: U. S. Environmental Protection
Agency

**PROTEJA SU NIÑO
PROTECTING YOUR CHILD**

Available: Yakima Valley Farm Workers Clinic

**¿LE IMPORTA SUFICIENTE A
UD...PROTEGER A SU NIÑO EN EL
CARRO?**

*PROTECTING YOUR CHILD IN THE
CAR*

Available: Division of Motor Vehicles

**PROTECCIÓN EN EL AUTOMOVIL
PARA SU NIÑO**

*PROTECTION IN THE CAR FOR
YOUR CHILD*

Available: U. S. Dept. of Health & Human
Services

**RESPIRACIÓN DE SALVAMIENTO
RESCUE BREATHING**

Miniguide.

Teaches mouth-mouth and mouth-to-nose arti-
ficial respiration.

Available: Inter-American Safety Council

**SEGURIDAD DE LOS
TRABAJADORES AGRICOLAS
DURANTE EL USE DEL
PESTICIDAS**

*SAFETY FOR AGRICULTURAL
WORKERS DURING THE USE OF
PESTICIDES*

24 page booklet describing pesticide safety.
Good illustrations.

Available: U. S. Environmental Protection
Agency

**PROTEJASE CON CINTURONES
DE SEGURIDAD**

SAFETY BELTS

54130 - 54833 - 2519D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**CINTURONES DE SEGURIDAD . .
¿PARA QUE?**

SEAT BELTS - WHY?

Small four page flyer with "True/False" format
that discusses seat belt safety. Illustrated, well
presented.

Available: Comision Para Seguridad En El
Transito

**LOS CINTURONES DE
SEGURIDAD . . . COMO TRABAJAN
SEAT BELTS - HOW THEY WORK**

Four page flyer describing the mechanics of
how a seat-belt locks into position

Available: Comision Para Seguridad En El
Transito

**COMO EVITAR RESBALONES,
TROPEZONES Y CAIDAS
SLIPS, TRIPS, FALLS**

10595 - 19422 - 2441D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**MANTENTE SEGURO CERCA A
PERSONAS DESCONOCIDAS
STAY SAFE**

Coloring book.

CB54585 - 56218 - 2915C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**TELEFONEANDO POR AYUDA -
UN LIBRO DE ACTIVIDADES PARA
COLOREAR**

TELEPHONE FOR HELP

Coloring book.

CB54270 - 54528 - 2825D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**LAS 9 VIDAS DEL GATO
THE NINE LIVES OF THE CAT**

Fourth Grade Reading Level.

This comic booklet illustrates graphically and entertainingly safety measures to prevent fire in the home and how to react if there is a fire.

Available: U. S. Consumer Product Safety Commission

**¡CUIDADO! LA PINTURA DE
PLOMO ENVENENA
WATCH OUT FOR LEAD PAINT
POISONING**

Booklet.

Warns parents about the danger of lead paint poisoning and tells how to protect children.

DHEW Publ. No. (HSA) 75-5106.

Available: U. S. Government Printing Office

**TRABAJE CONCIENTEMENTE,
TRABAJE CON CAUTELA
CUANDO TRABAJE CON
PRODUCTOS QUIMICOS PARA LA
AGRICULTURA**

*WORK SMART, WORK SAFELY WITH
FARM CHEMICALS*

July, 1985 - 32 pages - Presentation of basic pesticide safety principles. Illustrated, easy to read and understand.

Available: National Agricultural Chemicals Association

**LEO CUELLAR SAYS: TRABAJE
CON INTELIGENCIA
WORK SMART, WORK SAFELY**

Available: National Agricultural Chemicals Association

**USTED Y LA SEGURIDAD
YOU AND SAFETY**

10207 - 13656 - 2537C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**ESTAS A CARGO - UN LIBRO DE
ACTIVIDADES PARA COLOREAR
YOU'RE IN CHARGE**

Coloring book.

CB54619 - 56341

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

**NIÑOS ACCIDENTES EN EL
HOGAR
YOUNG CHILDREN AND ACCIDENTS
IN THE HOME**

Booklet

Describes the major causes of accidents to young children and gives a checklist by age groups of accident-causing situations to avoid. DHEW Publ. No. (OHD) 30061.

Available: U. S. Government Printing Office

AUDIOVISUAL AIDS

ACCIDENTS AND POISONING

33mm filmstrip, slides, video tape, and other formats, sound, color.

Defines the most common injury-causing home accidents, and how rooms can be made safer for children.

Available: Medcom/Trainex, Inc.

HEMORRAGIA

BLEEDING: WHAT TO DO

16mm, sound, color, 16 minutes.

Shows different accidents which result in hemorrhaging and the proper steps to be taken in each case to prevent accidents.

Available: Inter-American Safety Council

BLEEDING: WHAT TO DO

16mm and video cassette, sound color, 16 minutes.

Demonstrates how to stop bleeding immediately; how to distinguish arterial, venous or internal bleeding; improvise bandages; apply safe tourniquets and care for victims immediately after an accident.

Available: Pyramid Film & Video, Inc.

MASAJES CARDIACOS

CLOSED CHEST CARDIAC MASSAGE

16mm, sound, color, 11 minutes.

Demonstrates closed chest cardiac massage.

Available: International Film Bureau, Inc.

CPR FOR CITIZENS

16mm and video cassette, sound, color, 25 minutes, narrated by Orsen Welles

Demonstrates the latest techniques of cardiopulmonary resuscitation.

Available: Pyramid Film & Video, Inc.

EYE EMERGENCY

16mm, sound, color, 23 minutes and video cassette.

Shows how to prevent eye accidents at work and at home and what to do when eye injury occurs.

Available: Pyramid Film & Video, Inc.

FIRST AID--A SERIES

Seven 16mm films, sound, color.

Supplements the regular teaching of first aid to persons who may be working at points far removed from professional medical help. Serves as an introduction to, and a familiarization with, approved first aid methods and techniques in the emergency treatment of injuries and disabilities.

Available: National Audio Visual Center

HOW TO HAVE AN ACCIDENT AT WORK

16mm, sound, color, 8 minutes.

Offers an important safety message by showing that for Donald Duck, a day at work is just one preventable accident after another.

Available: Coronet/MTI Film & Video

HOW TO HAVE AN ACCIDENT IN THE HOME

16mm, sound, color, 8 minutes.

Using familiar Disney characters, proves that accidents happen because average people don't use average intelligence.

Available: Coronet/MTI Film and Video

HOW TO SAVE A CHOKING VICTIM: THE HEIMLICH MANEUVER

16mm, sound, color, 11 minutes.

Demonstrates how to use Dr. Henry J.

Heimlich's life-saving technique to rescue people from unnecessary, accidental death.

Available: Paramount Communications

AUXILIO MÉDICO PROPIO MEDICAL SELF-HELP

Series of seven 16mm films, sound, color.

Teach emergency methods during a disaster when medical help is unavailable. Cover burns, bleeding and bandages, fractures and splints, shock, transportation of the injured, and emergency child birth.

Available: Inter-American Safety Council

NEW BREATH OF LIFE

16mm, sound, color, 24 minutes.

Demonstrates two of the ABC's of basic life support: A--Airway Opening and B--Breathing Restored. Teaches correct resuscitation sequence when breathing stops. Also available in Spanish/English video cassette dual track

Available: Inter-American Safety Council

NEW PULSE OF LIFE

16mm, and video cassette, sound, color,
28 minutes.

Presents the latest basic life support principles and techniques for cardiopulmonary resuscitation. Available also in Portuguese, French and other languages.

Available: Inter-American Safety Council

DESCUIDOS FATALES

ONE DAY'S POISON

16mm, sound, B/W, 29 minutes.

Depicts different cases of accidental poisoning in children and how lack of precaution by parents helped create the accidents.

Available: National Film Board of Canada

RESPIRACIÓN DE SALVAMENTO

RESCUE BREATHING

16mm, sound, color, 22 minutes.

Teaches techniques of mouth-to-mouth and mouth-to-nose rescue breathing. Dramatizes techniques on unconscious victims of drowning, choking, drugs, electric shock, gas asphyxiation, and chest injury.

Available: Inter-American Safety Council

LOS PRIMEROS AUXILIOS

ORIENTADOS HACIA LA

PREVENCIÓN DE ACCIDENTES

SAFETY-ORIENTED FIRST AID

Series of four 16 mm sound films in color emphasizing prevention of injury on the job, focusing attention on the cause and effect of accidents, and demonstrating basic first aid procedures.

Available: Inter-American Safety Council

SCOLIOSIS

**LA ESCOLIOSIS: ¡ATENCIÓN LOS
PADRES DE FAMILIA! LA
CURVATURA DE LA COLUMNA
VERTEBRAL PODRA
CONTROLARSE...SI SE
DESCUBRE EN SUS PRIMERAS
ETAPAS**

***SCOLIOSIS: ATTENTION PARENTS!
CURVATURE OF THE SPINE CAN BE
CONTROLLED IF DETECTED EARLY***

Gives a quick and easy-to-follow test to screen
children for scoliosis.

Publication Number PR32S

Price: Free with SASE; \$4.00/100; \$18.00/500;
\$35.00/1,000

Available: National Easter Seal Society

SEXUALLY TRANSMITTED DISEASES

SOBRE LA SÍFILIS Y LA GONORREA

ABOUT SYPHILIS AND GONORRHEA

Leaflet.

Discusses symptoms of syphilis and gonorrhea, and how these diseases are dangerous if not discovered and treated.

Publ. No. (HSM) 73-816.

Available: Center For Disease Control

SOBRE LA SÍFILIS Y LA GONORREA

ABOUT SYPHILIS AND GONORRHEA

Adult Reading Level.

This folder provides a complete description of syphilis and gonorrhea - the cause and treatment. Information about what happens to a person if left untreated is included.

Available: U. S. Dept. of Health & Human Services

SOBRE EL HERPES

ABOUT HERPES

14134 - 14969 - 2708C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

SIDA

AIDS

Adult Reading Level.

This pamphlet provides information about the meaning of the terms "*AIDS*". It also provides information about the symptoms, treatment and prevention of the illness.

Available: School Health Program

LO QUÉ LOS HOMBRES "GAY-Y BISEXUALES" DEBERÍAN SABER SOBRE EL SIDA

AIDS/GAY/BISEXUAL

14266 - 18952 0 2772E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

SOBRE EL SIDA

AIDS

14274 - 14308 - 2772E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

ENFERMEDADES COMUNES SEXUALMENTE TRANSMITIDAS COMMON SEXUALLY TRANSMITTED DISEASES

Describes symptoms and diagnoses.

Available: American Council for Healthful Living

¡PELIGRO! (ENFERMEDADES VENEREAS)

DANGER; VENERAL DISEASES

Describes gonorrhea and syphilis. Explains that they are contagious and dangerous. Emphasizes importance of securing medical treatment.

Available: California Dept. of Health Services

PARA LA BUENA SALUD DE ELLA FOR HER GOOD HEALTH

Lists and describes sexually transmitted diseases that can be contracted by women; in chart and text format.

Price: \$9.00/100; \$70.00/1,000

Available: American Social Health Association

HERPES GENITAL GENITAL HERPES

Describes genital herpes, its causes, symptoms, incubation period, and other pertinent information.

Publication Number (NIH) 84-656 S.B.

Free - up to 25 copies for nonprofit organizations.

Available: National Institute of Allergy and Infectious Diseases

ALERTA SOBRE HERPES

HERPES ALERT

Teenage, Adult Reading Level.

This folder describes genital herpes, symptoms, the infection's effect on newborns and the possible link to cancer. Importance is placed on seeing a doctor when any infection is suspected.

Available: Information Center on Herpes Disease, N.Y.

DATOS SOBRE ENFERMEDADES VENEREAS

INFORMATION ON VENEREAL DISEASES

Available: San Diego County Department of Health Services

URETRITIS - NON-GONOCOCO (NGU)

NON-GONORROL URETHRITIS

Available: San Diego County Department of Health Services

SOBRE EL PROTEGERSE CONTRA EL SIDA

PROTECT YOURSELF/AIDS

15123 - 37184

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

SOBRE EL SIDA Y EL INYECTARSE DROGAS

SHOOTING DRUGS/AIDS

14787 - 13854 - 2772E

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

LO QUÉ TODO EL MUNDO DEBE SABER SOBRE LAS ETS

STD'S

12211 - 14670 - 2486D

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc

ENFERMEDADES, TRANSMITIDAS SEXUALMENTE

SEXUALLY TRANSMITTED DISEASES

High School Reading Level.

Describes the most common sexually transmitted diseases and their incidence in Puerto Rico. Offers suggestions for prevention.

Available: Division of Health Services

CORRE LA VOZ DE ESTA HISTORIA FEA

SPREAD THE WORD ABOUT THIS UGLY STORY

Contains questions and answers about venereal diseases.

Available: Blue Cross/Blue Shield of Connecticut

SOLO PARA ADOLESCENTES: FACTORES QUÉ HAY QUÉ SABER SOBRE LAS ENFERMEDADES VENEREAS

STRICTLY FOR TEENAGERS: SOME FACTS ABOUT VENEREAL DISEASE

Leaflet.

Answers common questions about venereal disease and seeks to dispel myths.

DHEW Publ. No. (HSM) 73-8164.

Available: Center For Disease Control

LOS MICROBIOS DEL AMOR. HECHOS SOBRE LA ENFERMEDAD VENEREA

THE LOVE BUGS - FACTS ON VENEREAL DISEASE

David V. Carroll, M.D.

High School/Adult Reading Level.

This booklet offers a complete description of all venereal diseases and how they are transmitted.

It is in a comic book form and would be very appealing to teenagers. Warning, some illustrations are very explicit.

Available: Krames Communications

THE GERMS OF LOVE

High School/Adult Reading Level.

This booklet offers a complete description of all venereal diseases and how they are transmitted.

It is in a comic book form and would be very appealing to teenagers.

Available: Krames Communications

**ES HORA DE HABLAR CLARO ...
LAS ENFERMEDADES VENEREAS
TIME TO SPEAK**

CLEARLY...VENEREAL DISEASES

Adult Reading Level.

This folder on venereal disease discusses the causes, symptoms, the consequences, and the treatment of syphilis and gonorrhea.

Available: Pfizer, Inc.

**ENFERMEDADES VENEREAS
VENEREAL DISEASES**

Adult Reading Level.

This booklet offers information about two types of Venereal Disease: Syphilis and Gonorrhea

Available: Division of Health Services

**VERRUGAS VENEREAS
VENEREAL WARTS**

Available: San Diego County Department of Health Services

**¿QUÉ ES LA GONORREA?
WHAT IS GONORRHEA?**

High School/Adult Reading Level.

This is a short hand-out which defines gonorrhea - the symptoms and what to do and not do while being treated.

Available: Texas Department of Health or Illinois Department of Health

**¿QUÉ ES URETRITIS NO
GONOCOCIA? (UNG)
WHAT IS NON-GONORRAL
URETHRITIS?**

High School Student/Adult Reading Level.

This is a short hand-out which defines urethritis and the relationship this disease has to gonorrhea. The hand-out also lists what a person should and should not do while being treated for this disease. A space is provided for a telephone number of a clinic or health care professional.

Available: Texas Department of Health or Illinois Department of Health

**¿QUÉ ES LA TRICOMONAS?
WHAT IS TICHOMONAS?**

Available: Illinois Department of Public Health

**LO QUÉ LA GENTE JOVEN
DEBERIA SABER SOBRE EL SIDA
YOUNG PEOPLE/AIDS**

15149 - 37176

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

AUDIOVISUAL AIDS

A HALF MILLION TEENAGERS...PLUS

16mm, Super 8mm, sound, color, 17 minutes.

Presents a physiological examination of gonorrhea and syphilis with a strong appeal to good sense in seeking treatment.

Available: Churchill Films

**LAS ENFERMEDADES VENEREAS
ABOUT V.D.**

16mm, color, 14 minutes.

Through drawings and captions shows how VD is transmitted, the disease's symptoms, and the course of syphilis and gonorrhea infection.

Available: National Film Board of Canada

DANCE LITTLE CHILDREN

16mm, sound, color, 25 minutes.

Tells the story of teenagers and the pressures they are under today.

Available: National Audio Visual Center

**GONORREA
GONORRHEA**

35mm filmstrip, slides, video tape, and other formats. Sound and color.

Presents a detailed description of gonorrhea, including its common complications and the problems of proper management.

Available: Medfact, Inc.

LOOK WHAT'S GOING AROUND

16mm, Super 8mm, sound, color.

Discusses venereal disease for older and inner-city audiences. Emphasis on dispelling sense of shame so infected persons will go for treatment.

Available: Churchill Films

SÍFILIS

SYPHILIS

35mm filmstrip, slides, video tape and other formats. Sound, color.

Presents a detailed description of all aspects of syphilis and discusses the three stages of the disease and clinical examples.

Available: Medfact, Inc.

VD ATTACK PLAN FILM

16mm, sound, color, 14 or 16 minutes.

Explains dangers, symptoms, care of venereal disease. Dispels myths and presents facts, with a sequence in the longer version on methods of prophylaxis.

Available: Coronet/MTI Film and Video

PREVENCIÓN DE ENFERMEDADES VENEAS

VD PREVENTION

16mm, sound, color, 11 minutes.

Spells out prevention methods including prophylactics, preventive medicines and regular check-ups. Narrated by TV actress Adrienne Barbeau.

Available: American Educational Films

CUESTIONARIO SOBRE LAS ENFERMEDADES VENREAS: OBTENIENDO LAS RESPUESTAS CORRECTAS

VD QUIZ

16mm, sound, color, 20 minutes.

Designed for adults, secondary school students and others, this film contains the latest facts about the different venereal diseases.

Available: American Educational Films

ENFERMEDADES VENEREAS-UN NUEVO ENFOQUE

VD: A NEW FOCUS

16mm, sound, color, 16 minutes.

This film, narrated by TV actor James Brolin, talks about the medical realities, myths and young people's attitudes toward venereal disease that frequently cause them to avoid prompt treatment.

Available: American Educational Films

ENFERMEDADES VENERAS VENEREAL DISEASE

35mm filmstrip, slides, video tape and other formats.

Discusses VD and explains the differences between syphilis and gonorrhea, how VD is contracted, how to prevent it, how it is cured, symptoms, etc.

Available: Medfact, Inc. or Medcom/Trainex, Inc.

SICKLE CELL ANEMIA

DATOS SOBRE LA ANEMIA

"SICKLE CELL"

FACTS ABOUT SICKLE CELL ANEMIA

Describes symptoms of this disease and its traits. Answers common questions and encourages possible victims to obtain a blood test.

Available: Blue Cross/Blue Shield of
Connecticut

¡ASÍ QUÉ TENGO LAS CARACTERISTICAS DE LAS CELULAS FALCIFORMES!

SO I HAVE THE SICKLE CELL TRAIT!

Pamphlet.

Prepared for children; explains what the sickle cell trait is.

DHEW Publ. No. (NIH) 78-749.

Available: U. S. Government Printing Office

SPOUSE ABUSE

SOBRE EL MALTRATO A LAS ESPOSAS

ABOUT WIFE ABUSE

16592 - 16964 - 2471C

Price: varies depending on quantities ordered

SOBRE LAS VICTIMAS DEL CRIMEN

CRIME VICTIM

16915 - 18937 - 2894C

Price: varies depending on quantities ordered

EL ABANCE DEL PROTEGERSE A SI MISMO

SELF PROTECTION

16493 - 19323 - 2490D

Price: varies depending on quantities ordered

SOBRE EL MALTRATO CONYUGAL SPOUSE ABUSE

17004 - 48082

Price: varies depending on quantites ordered

Available: Channing L. Bete Company, Inc.

SUDDEN INFANT DEATH SYNDROME

✓ **MUERTE EN LA CUNA:
SÍNDROME DE MUERTE INFANTIL
REPENTINA**

*DEATH IN THE CRIB: SUDDEN
INFANT DEATH SYNDROME*

Provides large print and illustrations on facts about SIDS including research, suggestions for dealing with SIDS in the family, and available outside help.

Available: Federal SIDS Program Office

✓ **LOS HECHOS SOBRE EL
SÍNDROME DE LA MUERTE
INFANTIL REPENTINA**
*FACTS ABOUT SUDDEN INFANT
DEATH SYNDROME*

Gives research facts of SIDS and answers questions commonly asked by parents; provides information on national supporting organizations.

Available: Federal SIDS Program Office

SMOKING

BORRON Y CUENTA NUEVA A NEW BEGINNING

A workbook guide for smoking cessation.
Available: Laredo-Webb County Health
Department

BEST TIP YET: DON'T START!

12" x 16" poster.
Directs a simple message at young non-smokers.
Available: American Cancer Society

DESPEJANDO EL AIRE: GUÍA PARA DEJAR DE FUMAR BETTER AIR: HOW TO STOP SMOKING

Publication No. 81-2146
Available: National Cancer Institute

¿QUIERE DEJARLO...? ¡PUUEDE! DO YOU WANT TO QUIT? YOU CAN

High School Reading Level.
A comic book for older teenagers who smoke or
contemplate it. The message offers information
and tips on quitting. Join the 30,000,000
Americans who have quit - you can too!
Available: American Cancer Society

¿TE CREEES MUY GALLO PORQUE FUMAS?

DO YOU THINK YOU'RE NOT GOOD BECAUSE YOU SMOKE

Poster.
For children. Conveys the hazards of smoking
with a simple message and picture.
DHEW Publ. No. (HSM) 73-8709.
Available: Office of Smoking & Health

¡NO TE DEJES PESCAR! DON'T GET HOOKED!

Poster.
Designed for children, offers a health thought
with a clear, simple message.
DHEW Publ. No. (HSM) 73-8708.
Available: Office of Smoking & Health

COMO NO QUERER A SUS HIJOS HOW NOT TO LOVE YOUR CHILDREN

Leaflet.
Tells parents how harmful their smoking is to
their children, even unborn ones.
Publ. No. 0056.
Available: American Cancer Society

UN LIBRO DE ACTIVIDADES PARA COLOREAR SE PROHIBE FUMAR NO SMOKING

Coloring Book.
54106 - 56200 - 2476C
Price: varies depending on quantities ordered
Available: Channing L. Bete Company, Inc.

DEJE LOS CIGARILLOS-VIVA MÁS TIEMPO

QUIT CIGARETTES - LIVE LONGER

Folder.
Frankly exposes the dangers of cigarette smok-
ing, as well as emphasizing the benefits of quit-
ting.
Available: American Cancer Society

EL FUMAR Y SU SALUD SMOKING & YOUR HEALTH

Junior High Reading Level.
A teachers guide including five lessons on smok-
ing and your health.
Available: Pennsylvania Lung Association

SO YOU WANT TO STOP?

Comic book.
Encourages adults to quit smoking by showing a
married couple who successfully kicks the habit.
Available: American Cancer Society

DEJE DE FUMAR STOP SMOKING

Leaflet.
Shows how to quit the smoking habit, and how
to develop a plan of action to follow after quit-
ting to help assure success.
Available: Blue Cross/Blue Shield of
Connecticut

**DEJE LOS CIGARRILLOS. VIVA
MAS TIEMPO**

STOP SMOKING. LIVE LONGER

High School Reading Level.

This leaflet gives information toward the habit of smoking and cancer.

Available: Sociedad Americana Del Cancer,
Puerto Rico

**CORRIENDO UN RIESGO...SIN
OPORTUNIDAD DE GANAR**

**TAKING A RISK WITHOUT THE
OPPORTUNITY TO WIN**

Junior High Reading Level.

A comic book on smoking for junior and senior high school students. The message offers information about health problems that can result from cigarette smoking.

No. 2098

Available: American Cancer Society

**CUANDO LA MUJER FUMA
WHEN A WOMAN SMOKES**

Leaflet.

Discusses health implications of smoking to women, including increased risks of lung cancer, heart disease, and harm to unborn babies.

Available: American Cancer Society

AUDIOVISUAL AIDS

EMPHYSEMA

Available in 35mm filmstrip, slides, video tape and other formats.

Describes the nature of emphysema and emphasizes the importance of avoiding infection and of stopping smoking.

Available, Medfact, Inc.

OBSTRUCTIVE LUNG DISEASE

16mm, Super 8mm, video tape, sound, color, 16 minutes.

Shows how the lungs work; explains respiratory diseases such as emphysema, bronchitis and asthma; talks about the patient's role in home treatment.

Available: Professional Research, Inc.

**EL FUMAR: UN NUEVO ENFOQUE
SMOKING: A NEW FOCUS**

16mm, sound, color.

The film examines smoking from a medical and sociological standpoint in order to understand the evolution of the smoking myth. Narrated by TV actor James Brolin.

Available: American Educational Films

**EL FUMAR
SMOKING**

35mm filmstrip, slides, video tape and other formats.

Presents the known dangers of smoking in detail and the benefits of not smoking.

Available: Medfact, Inc.

THE FEMINE MISTAKE

16mm and video cassette, sound, color, 24 min.

This program takes a realistic look at what can happen to women who smoke, including the effect on the fetus in the pregnant woman.

Available: Pyramid Film & Video, Inc.

WHAT IS EMPHYSEMA?

35mm filmstrip, slides, video tape and other formats. Sound, color.

Describes the disease's causes, especially the effects of smoking on the lungs and bronchi. Emphasizes the need to alter life style to control emphysema.

Available: Medcom/Trainex, Inc.

SURGERY

DE MODO QUÉ...LE VAN A OPERAR

OPERATION

11536 - 14571 - 2545C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

SOBRE LA CIRUGIA PARA PACIENTES EXTERNOS

OUTPATIENT SURGERY

14415 - 37150 - 2864C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

¿SI CONSIDERA HACERSE UNA CIRUGIA?

THINKING OF HAVING SURGERY?

Gives information on second opinion for non-emergency surgery.

Available: National Second Surgical Opinion Program

AUDIOVISUAL AIDS

ANTES Y DESPUÉS DE SU OPERACIÓN

BEFORE AND AFTER YOUR SURGERY

15 minutes.

A preview of the pre- and post-operative experience, designed to help allay anxiety and to promote patient cooperation.

#2604

Price: \$295.00

Available: Professional Research, Inc.

CIRUGIA DEL OIDO

EAR SURGERY

16 minutes.

Reviews the function of the ear, infections, otosclerosis, types of hearing loss, and directions for post-operative care.

#3005

Price: \$295.00

Available: Professional Research, Inc.

CIRUGIA DE LA GLANDULA PROSTATICA

SURGERY OF THE PROSTATE GLAND

15 1/2 minutes.

Reviews trans-urethral resection, open prostatectomy, and effects on genitourinary function. Provides guidelines for post-operative care.

#6003

Price: \$295.00

Available: Professional Research, Inc.

ENTENDIENDO SU ANESTESIA

UNDERSTANDING YOUR ANESTHESIA

8 minutes.

Describes the purpose of anesthesia, and helps reduce fear associated with surgical experiences. Explains pre-operative preparation, choice of anesthesia, and post-operative care.

#2602

Price: \$295.00

Available: Professional Research, Inc.

VASECTOMIA

VASECTOMY

15 minutes. - \$295.00 - #6001

Describes normal anatomy and physiology, and how a vasectomy prevents conception. Provides detailed instructions for post-operative care.

#6001

Price: \$295.00

Available: Professional Research, Inc.

TUBERCULOSIS

**SE PREOCUPA USTED PORQUE
PUDIERA TENER
¿TUBERCULOSIS? ¡HOY EN DÍA
ES CURABLE!**

*ARE YOU WORRIED THAT YOU
COULD HAVE TUBERCULOSIS?
TUBERCULOSIS IS CURABLE TODAY*

Leaflet.

Junior High School Reading Level.

Describes tuberculosis and discusses its
symptoms and treatment.

Publ. No. 0962.

Available: American Lung Association

**DESCUBRA SI TIENE
TUBERCULOSIS - HAGASE LA
PRUEBA DE TUBERCULINA
DISCOVERING IF YOU HAVE
TUBERCULOSIS**

Available: American Lung Association

**¿TENGO UNA TOS CRONICA?
DO I HAVE A CHRONIC COUGH?**

Pamphlet.

Through illustrations and answers to common
questions informs readers about coughs and
what to do when cough is chronic.

DHEW Publ. No. (NIH) 76-870.

Available: National Heart, Lung, and Blood
Institute

**DESCUBRA SI TIENE
TUBERCULOSIS
FIND OUT IF YOU HAVE
TUBERCULOSIS**

Describes the tuberculin test and what it does,
and urges readers to have it.

Publ. No. 0013.

Available: American Lung Association

**COMO DICE EL DICHO: "MÁS
VALE PREVENIR QUÉ LAMENTAR"
IT IS BETTER TO PREVENT THAN
LAMENT**

Leaflet.

Explains for those with X-ray indications of TB,

why it is important to take pills.

Publ. No. 0011.

Available: American Lung Association

**LA PRUEBA DE LA
TUBERCULOSIS. COMO
FUNCIONA. LO QUE DEMUESTRA
THE TB TEST**

Leaflet.

Tells how the tuberculin test works and what it
shows.

Publ. No. 1040.

Available: American Lung Association

**SU PRUEBA DE TUBERCULINA ES
POSITIVA. ¿QUÉ ES ESO?**

THE POSITIVE TUBERCULIN TEST

Fifth Grade Reading Level.

Describes how a positive TB test does not al-
ways indicate that one has TB but rather that
the microbe is present in the body. An X-ray is
the only sure way to detect the disease and
should be performed immediately on receiving
positive test results.

Available: American Lung Association

ESTE ES DON TB GERMEN

THIS IS DON TB GERM

Pamphlet.

Gives TB facts with drawings and plainly
worded text.

Available: American Lung Association

**TUBERCULINA
TUBERCULOSIS**

Third Grade Reading Level

Describes symptoms of tuberculosis and how it
is contracted. Brief and simple, with illustra-
tions.

Available: American Lung Association

**LO QUÉ TODO EL MUNDO
NECESITA SABER ACERCA DE LA
TUBERCULOSIS**

*WHAT EVERYBODY NEEDS TO
KNOW ABOUT TUBERCULOSIS*

Leaflet.

Explains what TB is, how one gets it, what the symptoms are, and how it is treated.

Available: American Lung Association

AUDIOVISUAL AIDS

TUBERCULOSIS AND ME

35mm, filmstrip, slides, video tape and other formats. Sound, color.

Tells story of a young Hispanic found to have TB. Shows symptoms, chest X-ray, skin test, sputum test, etc. Message of this program, aimed at the TB patient, is that the disease is curable.

Available: Medcom/Trainex, Inc.

VISION

PRIMERA AYUDA PARA EMERGENCIAS DE OJOS

FIRST AID FOR EYE EMERGENCIES

Gives instructions on first aid for eye emergencies such as blows, wounds and burns.

G-117-S.

Available: Sociedad Puertorriquena Para la
Prevencion de la Cequera, Inc.

GLAUCOMA...LADRÓN DE LA VISTA

GLAUCOMA: EYESIGHT THIEF

Leaflet. Discusses glaucoma and its symptoms.

Available: Sociedad Puertorriquena Para la
Prevencion de la Cequera, Inc.

GLUCOMA...LADRÓN DE LA VISTA

GLAUCOMA...SNEAK THIEF OF SIGHT

Offers description of glaucoma.

Publication Number G1

Price: \$5.00/100

Available: National Society for The Prevention
of Blindness

GLAUCOMA PATIENT GUIDE

Describes symptoms and treatment of glaucoma, and how the patient can help.

Publication Number G2.

Price: \$.30 each; \$25.00/100

Available: National Society for The Prevention
of Blindness

PRUEBA SIMPLE DE LA VISION PARA NIÑOS DE EDAD PRE-ESCOLAR

HOME EYE TEST FOR PRESCHOOLERS

Gives a simple test and instructions for vision screening of 3, 4, and 5- year olds at home.

Publication Number HET.

Price: \$6.00/100

Available: National Society for The Prevention
of Blindness

OTFALMOLOGO OCULISTA - OPTOMETRA. OPTICO ¿SABE USTED LA DIFERENCIA?

OPHTHAMOLOGIST, OCULIST, OPTOMETRIST. - WHAT ARE THE DIFFERENCES?

High School Reading Level.

Explains differences in ophthalmologist, an optometrist and an optician. Lists signs that may indicate improper vision in children.

Available: Sociedad Puertorriquena Para la
Prevencion de la Cequera , Inc.

MEDIDAS PREVENTIVAS PARA CONSERVAR LA VISION PREVENTIVE METHODS TO CONSERVE VISION

Available: National Society for The Prevention
of Blindness

AVISOS O SEÑALES QUÉ INDICAN PROBLEMAS EN LA VISTA DE LOS NIÑOS

SIGNS OF POSSIBLE EYE TROUBLE IN CHILDREN

Describes warning signs of vision difficulties.

Publication Number G102

Price: \$3.00/100

Available: National Society for The Prevention
of Blindness

PRUEBA SIMPLE DE LA VISIÓN PARA NIÑOS DE EDAD PRE-ESCOLAR

SIMPLE VISION TEST FOR PRESCHOOL CHILDREN

Leaflet.

Offers instructions for easy home test for lazy eye. Comes with "E" eye chart.

Available: Sociedad Puertorriquena Para la
Prevencion de la Cequera, Inc.

LA TELEVISIÓN Y SUS OJOS
TELEVISION AND YOUR EYES

Leaflet.

Discusses optimal conditions for watching television and gives questions and answers on TV and eyesight.

G-507-S.

Available: Sociedad Puertorriquena Para la Prevencion de la Cequera, Inc.

EL OJO ENVEJECIENTE
THE AGING EYE

Pamphlet.

Describes changes that occur with age and gives advice on self-help emergency care

G-3-S..

Available: Sociedad Puertorriquena Para la Prevencion de la Cequera, Inc.

EL OJO VAGO (AMBLIOPIA)
THE VAGRANT EYE (AMBLYOPIA)

Leaflet.

Contains questions and answers on amblyopia and its treatment.

G-109-S.

Available: Sociedad Puertorriquena Para la Prevencion de la Cequera, Inc.

EL OJO Y COMO VEMOS
THE EYE AND HOW WE SEE

Leaflet.

Describes the anatomy of the eye, explaining how it works.

Available: Sociedad Puertorriquena Para la Prevencion de la Cequera, Inc.

IMPEDIMENTOS VISUALES
VISUAL IMPEDIMENTS

Folder.

Adult Reading Level.

Educators, Health Care Providers.

This folder discusses how to observe children to determine visual impairments, questions to be asked the specialist, teaching the child with visual problems, special equipment required, and specific services provided for the visually impaired child.

Available: Sociedad Puertorriquena Para la Prevencion de la Cequera, Inc. or Texas Department of Human Resources

AVISOS Y SEÑALES QUE INDICAN
PROBLEMAS EN LA VISTA DE
LOS NIÑOS

WARNINGS OR SIGNS THAT
INDICATE EYESIGHT PROBLEMS IN
CHILDREN

Card.

Lists conditions the parent should look for that could indicate eyesight problems.

M-102-S.

Available: Sociedad Puertorriquena Para la Prevencion de la Cequera, Inc.

AUDIOVISUAL AIDS

CUIDADO Y PROTECCIÓN DE SUS
OJOS

CARE AND PROTECTION OF YOUR
EYES

16mm, Super 8mm, videotape, sound, color, 15 1/2 minutes.

Discusses preventive eye safety and hygiene.

Provides rules for daily eye care and stresses the protection of children's vision.

#4008

Price: \$295.00

Available: Professional Research, Inc.

CATARACT

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Describes the nature of cataracts and the principles of treatment. Emphasizes the problems of change in image size, magnification, and fusion.

Available: Medfact, Inc.

DON'T PUSH YOUR LUCK!

16mm, Super 8mm, video tape, sound, color, 12 minutes.

Discusses eye and face protection. Recounts actual eye blinding accident and shows its results.

Available: National Society for The Prevention of Blindness

GLAUCOMA

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Provides a detailed description of the nature of glaucoma, its causes, and the principles of treatment. Explains the relationship of intraocular pressure to loss of vision.
Available: Medfact, Inc. or Professional Research, Inc.

LENTES DE CONTACTO RIGIDOS HARD CONTACT LENSES

16mm, Super 8mm, video tape, sound, color, 14 1/2 minutes.
Covers the advantages and disadvantages, as well as indications and methods for wearing hard contact lenses successfully.
#4005
Price: \$295.00
Available: Professional Research, Inc.

CUIDADO DE LOS LENTES DE CONTACTO RIGIDOS

HANDLING HARD CONTACT LENSES
16mm, Super 8mm, video tape, sound, color, 11 minutes.
Shows techniques for inserting, wearing, repositioning, removing and cleaning hard contact lenses.
#4006
Price: \$295.00
Available: Professional Research, Inc.

IT'S STILL UP TO YOU

16mm, Super 8mm, video tape, sound, color, 11 minutes.
Recounts an eye accident and its results; discusses safety programs for eyes.
Available: National Society for The Prevention of Blindness

NORMAL EYE

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Presents all elements of the normal eye with an explanation of how it functions, and how visual images are converted to nervous impulses.
Available: Medfact, Inc.

ESTRABISMO

STRABISMUS

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats. Discusses this disease and the related problem of amblyopia. Stresses the importance of early appropriate treatment.
Available: Medfact, Inc. or Professional Research, Inc.

EL EXAMEN MEDICO DE SUS OJOS

THE MEDICAL EXAMINATION OF YOUR EYES

16mm, Super 8mm, video tape, sound, color, 12 1/2 minutes.
Discusses the benefits and techniques of regular ophthalmological exams and explains various diagnostic procedures.
#3007
Price: \$295.00
Available: Professional Research, Inc.

YOU-AND YOUR EYES

16mm, sound, color, 8 minutes.
Explains eye structure and the protective function of eyebrows, eyelids, eyelashes, and tear ducts. Gives basic rules for eye safety and proper eye care.
Available: Coronet/MTI Film and Video

WEIGHT CONTROL

FALACIAS EN LA DIETA DE REDUCCIÓN

*UNTRUTHS ABOUT REDUCTION
DIETS*

Available: Concilio de Salud Integral de Loiza,
Inc.

¿ESTÁS CONTENTA CON TU FIGURA?

*ARE YOU CONTENT WITH YOUR
FIGURE?*

Available: Concilio de Salud Integral de Loiza,
Inc.

OBESIDAD

OBESITY

Available: Concilio de Salud Integral de Loiza,
Inc.

USTED Y SU PESO

YOU AND YOUR WEIGHT

12153 - 14886 - 2457C

Price: varies depending on quantites ordered

Available: Channing L. Bete Company, Inc.

WOMEN'S HEALTH

SOBRE LA MAMOGRAFIA

ABOUT MAMMOGRAPHY

14175 - 37119 - 2763C

Price: varies depending on quantities ordered

Available: Channing L. Bete Company, Inc.

TARJETA DE EXAMINACIÓN PARA CANCER DEL SENO

BREAST CANCER TESTING CARD

Pamphlet.

This pamphlet tells when a woman should check her breasts for lumps or irregularities, and it lists 3 different ways of checking.

Available: American Institute for Cancer Research

NODULOS DE LOS PECHOS

BREAST LUMPS

6th Grade Reading Level.

Very thorough, accurate information. Good for one-on-one education. 1984.

Available: Krames Communications

¿DISPONE DE UNOS MINUTOS?

CAN YOU SPEND ONE MINUTE?

Fifth Grade Reading Level.

Accurate information. Good diagrams on self breast exam. 1978.

Available: American Cancer Society

DES. LA DROGA PRODIGIOSA ACERCA DE LA CUAL UD. DEBE DE PREOCUPARSE

DES--A VERY POTENT DRUG YOU SHOULD BE AWARE OF

Available: California Department of Health Services

ELLOS

THEY

Elementary to secondary level student reading. Provides information on growth and development

Available: Programa de Planificacion Familiar

LOS EXAMENES DE LOS SENOS

EXAMINING YOUR BREASTS

8th Grade Reading Level.

Accurate information. 1982.

Available: U. S. Department of Health & Human Services or National Institutes of Health

LAPAROSCOPIA

LAPAROSCOPY

Pamphlet.

In simple terms, explains the nature of the operation, reasons for considering it, its effect on fertility, and benefits of over non-permanent methods.

Available: Carolina Population Center

BICHOS DE AMOR

LOVE BUGS

Pamphlet.

Through humorous illustrations and graphic design presents basic information about the various venereal diseases and urogenital infections.

Available: Krames Communications

NO TODO QUE LE PASA ALLI

ABAJO ES LA ENFERMEDAD

VENEREA

NOT EVERYTHING WRONG DOWN

THERE IS VD

Pamphlet.

Looks at the many non-VD infections; includes discussion of vaginitis, urinary tract infection, lice, etc.

Available: Do It Now Foundation

**NUESTROS CUERPOS,
NUESTRAS VIDAS
OUR BODIES, OUR LIVES**

Book.

Written by women for women, contains readings based on intensive research on a range of subjects related to women's health. Topics include sexual relationships, health and nutrition, rape, self-defense, VD, birth control, abortion, childbearing, menopause, and health care.

Available: Boston Women's Health Book Collective

¿QUÉ ES - INFLAMACIÓN DE LA PELVIS?

PELVIC INFLAMMATION

Available: Illinois Department of Public Health

EXAMEN PELVICO

PELVIC EXAM

Pamphlet.

Answers questions on this exam.

Available: Planned Parenthood Association

DEL CANCER EN LA MATRIZ

THE PAP TEST

7th Grade Reading Level.

Good information, good for one on one education.

Available: National Institutes of Health or U.S. Department of Health and Human Sciences

EL EXAMEN DE SALUD DE LA MUJER

THE WOMAN'S PHYSICAL EXAM

Available: San Diego County Department of Health Services

COSAS QUE UD. DEBE SABER DE LAS INFECCIONES VAGINALES

THINGS YOU NEED TO KNOW ABOUT VAGINAL INFECTIONS

Available: City of Houston Department of Health

LA COMPRESIÓN DE SU INFECCIÓN

UNDERSTANDING YOUR INFECTION

Adult Reading Level.

This is a "question and answer" booklet about vaginal infections and treatment. There is space provided on the last two pages for health care providers to enter specific instructions.

Available: Eaton Laboratories

INFECCIONES VAGINALES

VAGINAL INFECTIONS

Available: San Diego County Department of Health Services

¿QUÉ ES LA GONORREA?

ENFERMEDAD - INFLAMACIÓN DE LA PELVIS? (PID)

WHAT IS GONORRHEA, PID?

High School Student/Adult Reading Level.

This is a short hand-out which defines PID - how it is caused and what to do or not do during treatment. A space is provided for a telephone number of a clinic or health care professional.

Available: City of Houston Department of Health

USTED PUEDE PREVENIR LAS INFECCIONES VAGINALES

YOU CAN PREVENT VAGINAL INFECTIONS

Adult Reading Level.

This folder gives a complete description of the female reproductive organ as well as a discussion of the types of clothing, hygiene practices and medication to be utilized to help in the prevention of vaginal infections.

Available: City of Houston Department of Health

SU PROPIO EXAMEN PERSONAL

YOUR PERSONAL EXAM

High School Reading Level.

Describes techniques for breast self-examination to prevent breast cancer in women. Illustrations.

Available: American Cancer Society

AUDIOVISUAL AIDS

METODOS DE NATALIDAD

METHODS OF BIRTH CONTROL

Sound, color. Available in 35mm filmstrip, slides, video tape, and other formats.

Surveys seven methods of birth control and discusses theoretical and actual effectiveness rates. Included are: *birth control pills, IUD, diaphragm, vasectomy, tubal ligation, condom and contraceptive foam.*

Available: Medcom/Trainex, Inc.

METHODS OF FAMILY PLANNING

16mm, sound color, 18 minutes.

Explains all presently practiced methods of contraception; shows couples in consultation with doctors, discussing different methods.

AA3824.

Available: Paramount Communications

FAMILIAS PLANEADEAS II

PLANNED FAMILIES II

Super 8, 16mm, sound color, 13 minutes.

Discusses modern, medically approved birth control methods.

Available: Allendor Productions

PURPOSES OF FAMILY PLANNING

16mm, sound, color, 15 minutes.

Presents reasons for practicing family planning as real-life people learn about it.

AA3769.

Available: Paramount Communications

APPENDIX

Aherst Laboratories
685 Third Avenue
New York, NY 10017
(212) 878-5900

Al-Anon Family Group Headquarters, Inc.
P. O. Box 862
MidTown Station
New York, NY 10018-0862
(212) 302-7240

Alcoholics Anonymous World Services, Inc.
P. O. Box 459
Grand Central Station
New York, NY 10163
(212) 686-1100

Allendor Productions
15036 Valley Vista Blvd.
Sherman Oaks, CA 91403
or
P. O. Box 5550
Sherman Oaks, CA 91413
(213) 872-1332

American Academy of Pediatrics
141 NW Point Blvd.
P. O. Box 927
Elk Grove Village, IL 60007
(800) 433-9016

American Cancer Society
Colorado Division
2255 S. Oneida
Denver, CO 80203
(303) 758-2030
or Your Local Chapter

American College of Obstetricians &
Gynecologists
409 12th St., S.W.
Washington, DC 20024
(202) 638-5577

American Council for Drug Education
204 Monroe St.
Suite 110
Rockville, MD 20850
(301) 294-0600

American Council for Healthful Living
439 Main Street
Orange, NY 07050
(201) 674-7476

American Dental Association
Bureau of Health Education
Ofician de Education Sanitaria
y Servicios Audiovisuales
211 East Chicago Avenue
Chicago, IL 60611
(800) 621-8099 or (800) 621-3291 AK & HI
(312) 440-2500; (800) 572-8309 IL

American Diabetes Association
3201 Fremont Avenue, North
Seattle, WA 98103
(800) 628-8808 or (206) 632-4576

American Diabetes Association
2450 So. Downing
Denver, CO 80210
(303) 778-7556
or Your Local Chapter

American Educational Films
✓ Capitol Communications
3807 Dickerson Rd. Suite I
Nashville, TN 37207
(800) 868-5678

American Heart Association
1280 S. Parker Road
Denver, CO 80231
(303) 369-5433
or Your Local Chapter

American Institute for Cancer Research
Administrative Office
1759 R Street NW
Washington, DC 20009
(703) 237-0159

American Lung Association
1600 Race Street
Denver, CO 80206
(303) 388-4327
or Your Local Chapter

American Red Cross
National Headquarters
Washington, DC 20006
(202) 737-8300

American Social Health Association
P. O. Box 13827
Research Triangle Park, NC 27709
(919) 361-2742

American Society for Dentistry for Children
211 East Chicago Avenue
Suite 1430
Chicago, IL 60611
(312) 943-1244

American Speech-Language-Hearing
Foundation
10801 Rockville Pike
Rockville, MD 20852

Arizona Department of Health Services
Office of Health Promotion & Education
3008 North 3rd St.
Phoenix, AZ 85012
(602) 230-5833

Arthritis Foundation
P. O. Box 6919
Denver, CO 80206
(303) 399-5065
or Your Local Chapter

Arthritis Information Clearinghouse
P.O. Box 9782
Arlington, VA 22209

Association for Voluntary Surgical
Contraception
122 East 42nd Street, 18th Floor
New York, NY 10168
(212) 351-2555

Barr Films
✓ 12801 Schabarum Avenue
P. O. Box 7878
Irwindale, CA 91706-7878
(818) 338-7878

Baylor College of Medicine
Breastfeeding Education Program
Office of Public Affairs
1 Baylor Plaza
Houston, TX 77030
(817) 755-1011

Becton-Dickinson Consumer Products
Diabetes Education Dept.
P.O. Box 5000
Rochelle Park, NJ 07662
(201) 368-7337

Blue Cross/Blue Shield of Connecticut
Public Relations Department
370 Bassett Road
North Haven, CT 06473
(203) 239-4911

Boston Women's Health Book Collective
47 Nichols Avenue
Watertown, MA 02172
(617) 924-0271

California Dept. of Health Services
Maternal and Child Health
714 P St.
Sacramento, CA 95814
(916) 445-4171

California Dept. of Mental Health Services
Mental Health Promotion Branch
2340 Irving Street, Suite 108
San Francisco, CA 94122
(415) 557-3470

Carnation Company
Medical Marketing Division
5045 Wilshire Blvd.
Los Angeles, CA 90036
(213) 932-6109

Carolina Population Center
Educational Materials Unit
University of North Carolina at Chapel Hill
CB # 8120, University Square
Chapel Hill, NC 27516-3997
(919) 966-2152

Center for Disease Control
Educational Resources, CHPE
1600 Clifton Road, 1-SSB249
Atlanta, GA 30333
(404) 639-3492

Centro de Salud Familiar LA FE, Inc.
Box 10640
700 S. Ochoa Street
El Paso, TX 79996
(915) 545-4550

Channing L. Bete Company, Inc.
200 State Road
S. Deerfield, MA 01373-0200
(413) 665-7611

Children's Hospital
Teenage Clinic
700 Children's Drive
Columbus, OH 43205
(614) 461-2470

Churchill Films
662 North Robertson Blvd.
Los Angeles, CA 90069
(800) 334-7830

CIBA Information Services
444 Saw Mill River Road
Ardsley, NY 10502
(800) 431-1874

City of Houston Dept. of Health
Health Education Division
1115 N. MacGregor
Houston, TX 77025
(713) 222-4288

Clinica Campesina Rural Health
1345 Plaza Court North
Suite 1A
Lafayette, CO 80026
(303) 665-9310

Clinica Sierra Vista
8787 Hall Road
Lamont, CA 93241
(805) 845-3737

Colgate Palmolive Company Distribution
P. O. Box 4511
San Juna, PR 00905

Colorado Department of Health
Migrant Health Program
4210 East 11th Avenue
Denver, CO 80220
(303) 331-8200

Comision Para Seguridad En El Transito
P. O. Box 41289
Minillas Station
Santurce, PR 00940-1289
(809) 721-4142

Concilio de Salud Integral de Loiza, Inc.
Apartado 509
Loiza, PR 00672
(809) 876-2042

Consumer Information Center
580 V. Lista Publicacidades Federales
en Español para el Consumido
Pueblo, CO 81009
(202) 566-1794

Cooperative Extension
New York State Dept. of Human Ecology &
Agriculture & Life Sciences
Cornell University
Ithaca, NY 14850

Coronet/MTI Film & Video
108 Wilmot Road
Deerfield, IL 60015
(800) 621-2131

Crown Products
P. O. Box 6154
Torrance, CA 90504
(213) 329-3176

Cutter Laboratories
International Operations
4th & Parker Streets
Berkeley, CA 94710
(415) 841-0123

Dairy Council (Western)
12450 N. Washington
Thornton, CO 80241
(303) 451-7711

Del Monte Corporation
P. O. Box 3675
San Francisco, CA 94119

Department of Education
Vocational, Technical and High
Skill Education Programs
P.O. Box 759
Hato Rey, PR 00919
(809) 753-9128

Departamento de Salud
Call Box 70184
San Juan, PR 00936

Departamento de Instruccion Publica
Division de Educacion a la Comunidad
Calle San Sebastian
Edit No. 2
San Juan, PR 00902

Department of Education
Community Health Education, PR
Div. de Educacion a la Comunidad
Calle San Sebastian
Edit #2
San Juan, PR 00902

Diabetes Association of Greater Cleveland
2022 Lee Road
Cleveland, OH 44118
(216) 371-3301

Diabetes Control Program
Department of Health Services
714 P. Street Room 499
Sacramento, CA 95814
(916) 322-4787

Division of Health Service
Adult Health Services Section
Migrant Health Program
P. O. Box 2091
Raleigh, NC 27602
(919) 733-7081

Division of Motor Vehicles
25 S. Montgomery Street
Trenton, NJ 08666
(609) 292-5203

Do It Now Foundation
P. O. Box 5115
Phoenix, AZ 85010
(602) 257-0797

Eaton Laboratories
Div. of The Norwich Pharmaceutical Company
Norwich, NY 13815

Environmental Protection Agency
Public Information Center
820 Quincy Street
Room PM-221B
Washington, DC 20460

Epilepsy Foundation of America
4351 Garden City Drive
Landover, MD 20785
(301) 459-3700

Estado Libre Asociado de Puerto Rico
Department of Preventative Health
Call Box 71423
San Juan, PR 00936

Family Communications
4802 Fifth Avenue
Pittsburgh, PA 15213
(412) 687-2990

Federal SIDS Program Office
Bureau of Health Care
Delivery & Assistance
5600 Fishers Lane, Room 6-22
Rockville, MD 20857

Florida WIC and Nutrition Services
1317 Winewood Blvd.
Twin Towers-Suite 358
Tallahassee, FL 32301
(904) 488-8985

Food and Drug Administration
Consumer Communications HFE-88
5600 Fishers Rd.
Rockville, MD 20857
(301) 443-3170

Food Safety and Inspection Service
Publications Office
Room 1163, South
U. S. Department of Agriculture
Washington, DC 20250
(202) 447-8046

Fresno County Dept. of Health
Pat Collins, R.D., PH.D.
P. O. Box 11867
Fresno, CA 93775
(209) 445-0666

General Mills, Inc.
Number One General Mills Blvd.
Minneapolis, MN 55426
(612) 540-2311

Gerber Products Company
Public Relations Dept.
445 State Street
Freemont, MI 49412
(616) 928-2497

Health Care Financing Administration
6325 Security Blvd.
Baltimore, MD 21207

High Blood Pressure Information Center
120/80 National Institutes of Health
Bethesda, MD 20205

Hoechst-Roussel Pharmaceuticals, Inc.
Route 202-206 North
Somerville, NY 08876
(201) 231-2000

Human Life & Natural Family
Planning Foundation
1511 K Street, N.W.
Washington, DC 20005
(202) 393-1380

Illinois Department of Public Health
Division of Disease Control
535 W. Jefferson Street
Springfield, IL 62761
(217) 782-2736

Information Center on Herpes Disease, N.Y.
15 Park Road
New York, NY 10038
(212) 962-6575

Inter-American Safety Council
33 Park Place
Englewood, NJ 07631
(201) 871-0004

Intercultural Development
Research Association
5835 Callaghan Street
San Antonio, TX 78228
(512) 684-8180

International Film Bureau, Inc.
332 South Michigan Avenue
Chicago, IL 60604
(312) 427-4545

Johnson & Johnson Information Center
199 Grandview Road
Skillman, NJ 08558
(800) 526-3967
(800) 942-7764 NJ

Krames Communications
312 90th Street
Daly City, CA 94015-1898
(800) 228-8347 or (800) 445-7267 CA

LSDS
Department 76
Washington, DC 20402
(202) 751-7077

La Leche League International
9616 Minneapolis Avenue
P. O. Box 1209
Franklin Park, IL 60131-8209
(312) 455-7730

Laredo-Webb County Health Department
P. O. Box 2337
Laredo, TX 78044-2337
(512) 723-2051

Leukemia Society of America
733 Third Avenue, 14th Floor
New York, NY 10017
(212) 573-8484

Life Planning Health Services
7929 Brookriver Drive, Suite 750
Dallas, TX 75247
(214) 630-9941

Loma Linda Foods
11503 Pierce Street
Riverside, CA 92515

Los Angeles Regional
Family Planning Council, Inc.
3600 Wilshire Blvd., Suite 600
Los Angeles, CA 90010
(213) 386-5614

Los Angeles County Health Department
241 N. Figueroa Street
Los Angeles, CA 90012
(213) 974-8203

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 428-7100

Martha Stuart Communications, Inc.
66 Bank Street
New York, NY 10014
(212) 255-2718

Maternity-Infant Care Family Planning Program
225 Broadway
New York, NY 10007
(212) 267-0900

McNeil Consumer Products Company
Attn: Communications Dept. (058)
Ft. Washington, PA 19034
(215) 233-7000

Mead Johnson & Company
13032 Maple View Lane
Fairfax, VA 22033
(703) 968-6773

Medcom/Trainex, Inc.
P. O. Box 3225
Garden Grove, CA 92642
(800) 854-2485
(800) 472-2479 CA residents

Medfact, Inc.
112 Lincoln Way East
Massillon, OH 44646
(216) 837-9251

Merck Sharp & Dohme
9199 Red Branch Road
Columbia, MD 21045
(301) 730-8240

Mental Health Association
1021 Prince
Alexandria, VA 22314

Midwest Family Planning Association
5086 N. Elston Avenue
Chicago, IL 60630
(312) 725-0200

Migrant Health Services, Inc.
810 4th Avenue, South ✓
Townsite Centre
Moorhead, MN 56560
(218) 236-6502

Miles Diagnostic Division
P. O. Box 70
Elkhart, IN 46515
(219) 264-8636

Milner-Fenwick, Inc.
2125 Greenspring Drive
Timonium, MD 21093
(301) 252-1700

Monoject
Div. of Sherwood Medical, Dept. T.I.
1831 Olive Street
St. Louis, MO 63103
(800) 367-5036

Muscular Dystrophy Association
342 Madison Avenue
New York, NY 10173
(212) 557-8450

Narcotics Education Film Department
Box 4390
6830 Laurel Street, N.W.
Washington, DC 20012
(202) 723-4774

National Agricultural Chemicals Association
1155 Fifteenth Street, N.W.
Washington, DC 20005
(202) 296-1585

National Association for Hispanic Elderly
(Asociacion Nacional Por Personas Mayores)
2727 W. 6th., Suite 270
Los Angeles, CA 90057
(213) 487-1922

National Audio Visual Center
8700 Edgeworth Drive
Capitol Heights, MD 20743-3701
(301) 763-1896

National Cancer Institute
Publications Order
Office of Cancer Communications
Building 31, Room 10A24
Bethesda, MD 20892
(800) 4-CANCER

National Center for the Prevention
and Control of Rape
5600 Fishers Lane, Room 6C-12
Rockville, MD 20857
(301) 443-1910

National Clearinghouse for Alcohol Information
P. O. Box 2345
Rockville, MD 20852
(301) 468-2600

National Clearinghouse for Alcohol
and Drug Abuse Information
P. O. Box 416
Kensington, MD 20795
(301) 468-2600

National Clearinghouse for Mental
Health Information
Room 11A-33
5600 Fishers Lane
Rockville, MD 20857
(301) 443-4517

National Clearinghouse for Primary Care
Information
8201 Greensboro Drive, Suite #600
McClain, VA 22102
(703) 821-8955

National Council on Alcoholism
New York, NY 10017
(800) 622-2255

National Committee for
Prevention of Child Abuse
332 S. Michigan Avenue
Suite 1250
Chicago, IL 60604-4357
(312) 663-3520

National Down Syndrome Society
141 5th Avenue
New York, NY 10010
(800) 221-4602

National Easter Seal Society
70 E. Lake Street
Chicago, IL 60601
(312) 726-6200

National Film Board of Canada
1251 Avenue of the Americas
New York, NY 10020
(212) 586-5131

National Foundation of March of Dimes
1275 Mamaroneck Avenue
Box 2000
White Plains, NY 10602
(914) 428-7100
or Your Local Chapter

National Heart, Lung, and Blood Institute
Education Programs Information Center
4733 Bethesda Avenue, Suite 530
Bethesda, MD 20814
(301) 951-3260

National Health Information Clearinghouse
P. O. Box 1133
Washington, DC 20013-1133
(703) 522-2590
(800) 336-4797

National Institute on Alcohol Abuse
and Alcoholism
5600 Fishers Lane
Rockville, MD 20857
(301) 468-2600

National Institute of Allergy
and Infectious Diseases
Office of Research Reporting and
Public Response
National Institutes of Health
Bldg. 31, Rm. 7A-32
Bethesda, MD 20014
(301) 496-5717

National Institutes of Health
Office of Research Reporting
Bldg. 31, Room 2A32
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-5133

National Institutes of Health
U. S. Department of HHS
Public Health Service
Washington,, DC

National Institute of Dental Research
Bldg. 31, Room 2C35
Bethesda, MD 20892
(301) 496-4261

National Institute of Mental Health
Public Inquiries Sections
5600 Fishers Lane, Room 15C-17
Rockville, MD 20857
(301) 443-4513

National Institute of Neurological
and Communicative Disorders & Stroke
Office of Scientific and Health Reports
Bldg. 31, Room 8A06
Bethesda, MD 20205
(301) 496-5751

National Multiple Sclerosis Society
205 East 42nd Street
New York, NY 10017
(800) 624-8236
or Your Local Chapter

National Paint & Coatings Association, Inc.
1500 Rhode Island Avenue, NW
Washington, DC 20005
(202) 462-6272

National Parkinson Foundation, Inc.
1501 NW Ninth Avenue
Miami, FL 33136-9990
(305) 547-6666 (800) 327-4545

National Reye's Syndrome Foundation
Box 829
426 North Lewis Street
Bryan, OH 43506
(800) 233-7393

National Second Surgical Opinion Program
330 Independence Avenue, S.W.
Room 4235
Washington, DC 20201

National Society for the Prevention of Blindness
79 Madison Avenue
New York, NY 10016
(212) 684-3505

Nebraska State Department of Health
610 W. 27th Street
Scottsbluff, NE 69361
(308) 635-1512

New York Diabetes Association, Inc.
104 E. 40th Street
New York, NY 10016
(212) 697-7760

New York State Dept. of Social Services
10 Eyck Bldg.
40 M. Pearl Street
Albany, NY 12243

Nordick-USA
6500 Rock Spring Drive
Suite 304
Bethesda, MD 20817

North County Health Services
Migrant Childhood
Accident Prevention Program
348 Rancheros Drive
San Marcos, CA 92069
(619) 471-2100

Novela Health Foundation
2524 16th Avenue, South
Seattle, WA 98144
(206) 325-9897

Nutrition Program
County of Los Angeles
Dept. of Health Services
313 North Figueroa Street, Room 827E
Los Angeles, CA 90012
(213) 974-8112

Office of Smoking & Health
Public Health Service
Park Bldg. Room 1-16
5600 Fishers Lane
Rockville, MD 20857
(301) 443-1690

Ohio State University Cooperative
Ohio State University Publication Office
Agriculture Admin. Office
2120 Fyffe Road
Columbus, OH 43210

Ortho Pharmaceutical Corporation
Route 202
P. O. Box 300
Raritan, NJ 08869-0602

Pacific Coast Video
635 1/2 Chapala Street
Santa Barbara, CA 93101
(805) 965-5015

Paramount Press
5299 St. Augustine Road
Jacksonville, FL 32207
(904) 737-2160

Paramount Communications
5451 Marathon Street
Hollywood, CA 90038
(213) 462-0844

Parent Education Project
LA County\West Area Child Health Office
Harbor/UCLA Medical Center
1000 W. Carson St., Cottage 15
Torrance, CA 90509
(213) 533-2351

Parke-Davis
201 Tabor Road
Morris Plains, NJ 07950
(201) 540-2000

Pennsylvania Dept. of Community Affairs
Forum Bldg.
Harrisburg, PA 17120

Pennsylvania Department of Health
P. O. Box 90
Harrisburg, PA 17120

Pennsylvania Lung Association
123 Forster Street
P. O. Box 1632
Harrisburg, PA 17105-1632
(800) 932-0903

Personal Products Company
Consumer Education
Van Liew Avenue
Milltown, NJ 08850
(800) 631-5294
(201) 524-7397 (Bulk Orders)

Pesticide Farm Safety Staff
Office of Pesticide Programs
U. S. Environmental Protection Agency
401 M. Street, SW
Washington, DC 20460
(703) 557-7666

Pfizer, Inc.
235 East 42nd Street
New York, NY 10017

Pharmaceutical Manufacturers Association
1100 15th Street, NW
Washington, DC 20005

Planned Parenthood
17 N. State Street, 15th Floor
Chicago, IL 60602

Proctor & Gamble Company
P. O. Box 599
Cincinnati, OH 45201
(513) 562-1100

Professional Research, Inc.
930 Pitner
Evanston, IL 60202
(800) 421-2363

Programa de Planificacion Familiar
Univesidad de Puerto Rico
Recinto de Ciencias Medicas
Esceula Graduada de Salud Publica, PR

Programa Estatal de Diabetes
Apartado BB
Caparra Heights, PR 00922
(809) 754-3748

Proyecto de Alcohol y
Seguridad en el Transito
Departamento de Instruccion Publica
P. O. Box 759
Hato Rey, PR 00919

Public Relations Department
Eli Lilly & Company, Inc.
307 E. McCarty Blvd.
Indianapolis, IN 46285
(317) 276-2000

Pyramid Film & Video, Inc.
P. O. Box 1048
Santa Monica, CA 90406
(213) 828-7577

Redgrave Publishing Company
P. O. Box 67
South Salem, NY 10590

Reed & Carnrick
1 New England Avenue
Piscataway, NJ 08854
(201) 981-0070

Rocky Mountain Poison Center
645 Bannock Street
Denver, CO 80204
(303) 893-7774

Ross Laboratories
625 Cleveland Avenue
Columbus, OH 43216
(614) 227-3535

Santa Clara County Health Department
2220 Moorpark Avenue
San Juan, CA 95128
(408) 299-5822

San Diego County Department
of Health Service
1700 Pacific Highway
San Diego, CA 92101
(619) 236-2121

San Diego Regional Center for the
Developmentally Disabled
4355 Ruffin Road, Suite 205
San Diego, CA 92123

Sante Fe Health Education Project
P. O. Box 577
Sante Fe, NM 87504-0577

Schering Corporation
Kenilworth, NJ 07033
(201) 931-2000

School Health Program
Department of Public Instruction
Teniente Cesar Gonzalez Aveue
P. O. Box 759
Hato Rey, PR 00919
(809) 753-0989

Seccion de Enfermedades Geneticas
Departamento de Serviceos de Salud
2151 Berkeley Way
Berkeley, CA 94704

Servicios Prenatales
Secretaria Auxiliar Servicios Ambulatorios
Departamento de Salud
G.P.O. Box 9342
Santurce, PR 00940

Sex Information & Education
Council of the U. S. (Siecus)
New York University
32 Washington Place, Room 32
New York, NY 10003

Siecus
32 Washington Place, Room 52
New York, NY 10003

Sintex Laboratories, Inc
Palo Alto, CA 94304

Smith Kline & French Company
P. O. Box 7929
Philadelphia, PA 19101
(215) 751-5143

Sociedad Puertorriquena para la
Prevencion de la Cequera, Inc.
P. O. Box 3232
San Juan, PR 00904
(809) 725-0809
(809) 722-3531

Society for Nutrition Education
1700 Broadway, Suite 300
Oakland, CA 94612
(415) 444-7133

Sociedad Americana Del Cancer
G.P.O. Box 6004
San Juan, PR 00918
(809) 764-2295

Southerby Productions
5000 E. Anaheim
Long Beach, CA 90804
(213) 498-6088

Spears Communications International
P. O. Box 15403
Long Beach, CA 90801

Speech Pathology and Audiology Examining
Committee
Medical Quality Insurance Board
1430 Howe Avenue, Suite 86
Sacramento, CA 95825
(916) 920-6388

Spillan's Inc.
2826 Cedar Avenue
Minneapolis, MN

Spoken Arts
310 North Avenue
New Rochelle, NY 10801
(914) 636-5482

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P. O. Box 4000
Princeton, NY 08540
(609) 921-4000

State of California
Department of Industrial Relations
CAL/OSHA Communications
525 Golden Gate Avenue, 3rd Floor
San Francisco, CA 94102

State University of New York
Educational Communications Center
1400 Washington Avenue
Albany, NY 12222
(518) 457-3399

Su Clinica Familia
1314 Ed Carey Drive
Harlingen, TX 78550
(512) 428-4345

Sunrise Community Health Center, Inc.
1028 5th Avenue
Greeley, CO 80632
(303) 353-9403

Syntex (F.P.) Inc.
Rural Box 6736
Humacao, PR 00661
(809) 852-0909

Tampax, Inc.
P. O. Box 7001
Lake Success, NY 11042
(718) 895-2270

Texas Department of Health
Warehouse Manager
Literature & Forms Division
1100 West 49th
Austin, TX 78756-3199
(512) 458-7761

Texas Department of Human Resources
701 West 51st Street
Austin, TX 78751
(512) 450-3011

Texas Dept. of Mental Health
and Mental Retardation
P. O. Box 12668
Capitol Station
Austin, TX 78711-2668
(512) 465-4805

Texas Pharmaceutical Association
P. O. Box 14709
Austin, TX 78761
(512) 836-8350

The Compassionate Friends, Inc.
P. O. Box 3696
Oak Brook, IL 60522-3696
(312) 990-0010

The Soap & Detergent Association
475 Park Avenue, South
New York, NY 10016

The University of the State of New York
The State Education Department
Office of Cultural Education
Albany, NY 12230

The Upjohn Company
7000 Portage Road
Kalamazoo, MI 49001
(616) 323-6575

Tulare County Dept. of Health
County Civic Center
Visalia, CA 93277

United Cerebral Palsy Association
66 East 34th Street
New York, NY 10016
(212) 481-6300

U. S. Consumer Product Safety Commission
Office of the Secretary
Washington, DC 20207
(202) 492-6800

U. S. Consumer Product Safety Commission
2nd & Chestnut Street, Room 600
Philadelphia, PA 19106

U. S. Department of Health, Education
and Welfare
Public Health Service
Center for Disease Control
Atlanta, GA 30333

U. S. Dept. of Health & Human Services
Bureau of Community Health Services
Publications, Room 7-08
5600 Fishers Lane
Rockville, MD 20857
(301) 443-4273

U. S. Government Printing Office
Superintendent of Documents
Washington, DC 20402
(202) 783-3238

United States Pharmacopeial Convention, Inc.
P. O. Box 2248
Rockville, MD 20852
(800) 227-USPC

University of New Mexico Press
Journalism Bldg., Suite 220
Albuquerque, NM 87106
(505) 277-2346 ext. 7564

Upjohn Company
Public Relations
7000 Portage Rd.
Kalamazoo, MI 49001
(616) 323-4000

Visiting Nurse Corporation
11333 W. National Avenue
West Allis, WI 53227
(414) 327-2295

Visiting Nurse Association
of Metropolitan Detroit
7700 Second Avenue
Detroit, MI 48202
(313) 875-3266

Woodland Memorial Hospital
1325 Cottonwood Street
Woodland, CA 95695
(916) 662-3961

March, 1989

Wyeth Ayerst Laboratories
Professional Services
P. O. Box 8299
Philadelphia, PA 19101
(800) 321-2304

Yadkin County Health Department
P. O. Box 457
Yadkin, NC 21055
(919) 679-2026
Peggy Sumrell, RDH

Yakima Valley Farm Workers Clinic
P. O. Box 190
Toppenish, WA 98948
(509) 865-5600

